





Open Up and Spring into Action!



REGISTER NOW FOR A SEASON OF FUN

Web site: http://montgomerycountymd.gov/rec

From the County Executive



OFFICE OF THE COUNTY EXECUTIVE ROCKVILLE, MARYLAND 20850

Douglas M. Duncan County Executive



Spring 2004

Spring is here, complete with April showers, May flowers and all of us anxious to get outdoors and Dear Montgomery County Resident: shake off the winter cobwebs. One of the best ways to start is with the Recreation Department Spring 2004 Guide.

What better way to get back in the swing of things than to sign up for outdoor sports such as softball, tennis, or field hockey. But, if fitness classes are more to your liking then there are plenty from which to

If sports aren't your "thing," then how about a class in water exercise, youth or adult dance, or art. In all, there are more than 800 classes and programs in the Guide for persons of all interests, ages and abilities. choose.

There's no time like the present to start planning a healthy future and there's no better way than with the Spring 2004 Guide.

Sincerely,

County Executive

www.montgomerycountymd.gov

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Si está interesado en obtenér más información del Departa-mento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugestiones de otros tipos de programas, por favor llamen al 240-777-6839.

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Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aguatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.







The public service mission of the Montgomery County Department of Recreation is to emphasize **Team Work, Objectivity, Growth, Imagination, Value, and Excellence** in everything we do in providing diverse recreation and leisure services for all of our communities.

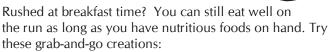
The acronym **TO GIVE** represents our commitment to achieving this mission.



WELLNESS FEATURE

Breakfast Boost

Don't leave home without it. A nutritious breakfast refuels your body's energy level, protects muscle stamina and raises metabolism, productivity and mental ability.



- Blend plain non-fat yogurt, orange juice, banana and a few frozen berries.
- Scoop ½ cup of low-fat cottage cheese into a small melon half; add a dash of cinnamon.
- Add fresh fruit and raisin bran cereal to non-fat yogurt.
- Melt 1 ounce of low-fat cheese over a thick slice of tomato on an English muffin.
- Stuff a whole wheat pita with a scrambled egg, soy sausage and salsa.

Up Coming Event



For ages 2-5 years

Family Fun Walk!

March 11, 2004, 10:00am-12:00pm

Brookside Gardens

1800 Glenallan Avenue, Wheaton MD Find your pot of gold through living a healthy, active life!

Call 240-777-6826 for more information



Kids sign no smoking banner at the *Smoke Out* Basketball Tournament

Take Care of Your Main Squeeze: Your

• Like any muscle, your heart needs regular exercise to stay strong and work better under pressure.

Hearts N' Parks: 240-777-6826

Exercise can reduce your risk of coronary artery disease, heart attacks, stroke and diabetes.

Can't manage a daily workout? Get physical in other ways:

- Clean the house
- Walk your dog
- Use the stairs
- Shoot a few hoops

Get your feet moving and your heart pumping more oxygen with each beat.

Eat to Your Heart's Content

Adopt some heart healthy eating habits. New data suggest these measures may help fight heart disease:

- Fruits and vegetables are rich sources of cholesterollowering fiber and substances that may protect your heart. Eat at least 5 servings a day.
- Fish (1-2 servings a week) may help to prevent the occurrence of blood clots, irregular heart rhythms, and sudden cardiac death.
- Folate (a B vitamin) helps control excess homocysteine, a substance that can damage arterial walls. Food sources: fruits, vegetables, cereals and whole grains.
- Vitamin E, B may reduce the buildup of arterial plaque, which leads to heart attacks. Food sources: grains, leafy greens, nuts, seeds, and vegetable oil.
- Vitamin C seems to work with vitamin E to prevent blocked arteries. Food sources: fresh citrus, broccoli, strawberries and tomatoes.

Good Health

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as a mainstreaming companion, ASL or cued speech interpreter, or large print) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.

What's New!

Check out what's new for Spring

In Classes

Spring Break Clinics

See page 18 for more information

New Color Techniques for Ages 8-14

Explore new color techniques with pastels or colored pencils. See page 18 for more information

Growing Drying and Using Herbs for Ages 13&Up

Get started on this easy, fun start to growing and using herbs. See page 19 for more information.

Mosaics Made Easy for Ages 13&Up

Check out this really hot craft. See page 19 for more information.

Learn to Draw with Kritt for Ages 18&Up

Start with the basics. See page 21 for more information.

Creating a Still Life with Kritt for Ages 18&Up

Create lovely still life paintings. See page 21 for more information

In Seniors

New Connections

Holiday Park Seniors, Inc. is helping organize a group for older adults living alone and looking for new social and support opportunities. Call 301-468-4448 for more information.

In Centers

At Leland Community Center

4301 Willow Lane, Chevy Chase, MD

Middle School Party

Friday, March 12, 7:30-10:00pm Open to all Montgomery County MS students, ID required. Call 301-652-2249 for more information.

Spring Parade and Egg Hunt

Saturday, April 10, 10:00am-12:30pm Annual spring event for ages 8 yrs and under. Call 301-652-2249 for more information.

At Germantown Community Center

18905 Kingsview Road, Germantown, MD

Free Weight training and Fitness Class

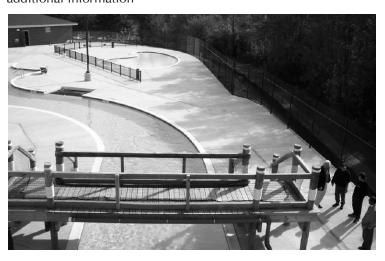
for Middle School students begins April 26, 2004. Call 301-601-1686 for more information.

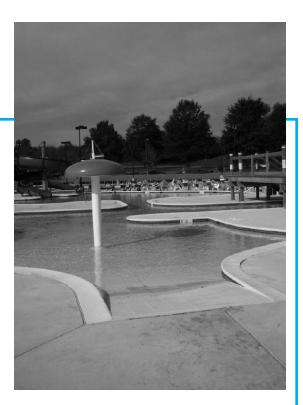
In Aquatics

Aqua Sports Camp Ages 6-12, Summer 2004, Olney Swim Center. Call 301-570-1210 for additional information.

New Outdoor Pool Opening in May

Martin Luther King Outdoor Pool, 1201 Jackson Lane, Silver Spring, MD. Features a main pool, tot pool, leisure pool with a shallow water lagoon with slides and water play features, surrounded by a circular "Lazy River" for riding inner tubes. Call 240-777-6860 for additional information





Tip for a Healthier Life:

Reduce your fat intake. In addition to avoiding the obvious high fat foods, such as fried foods, substitute lower fat versions of dairy products.

SENIORS-55 AND FORWARD THINKING

Spring into Action at Your Local Senior Center and Neighborhood Senior Programs



Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each center and program is unique.

Senior Centers

Damascus Senior Center * + (M-F, 9:00am-4:00pm) 9701 Main Street, Damascus 301-253-1801

Gaithersburg Upcounty Senior Center * + (M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)
80A Bureau Drive, Gaithersburg 301-258-6380
Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * + (M-F, 9:00am-4:00pm) 3950 Ferrara Drive, Wheaton 301-468-4448

Long Branch Senior Center * + (M-F, 10:00am-2:00pm) Long Branch Community Center 8700 Piney Branch Road, Silver Spring 301-431-5708

Margaret Schweinhaut Senior Center * + (M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm) 1000 Forest Glen Road, Silver Spring 301-681-1255

Neighborhood Senior Programs

If no phone number is listed, call the Senior Programs office at 301-468-4540.

Clara Barton Seniors (W 10:00am-2:00pm) Clara Barton Community Center, 7425 MacArthur Boulevard, Cabin John

Bauer Drive Seniors (M 10:00am-2:00pm)
Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Ross Boddy Seniors * + (W, Th, 9:30am-2:00pm) Ross Boddy Community Center, 18529 Brooke Road, Sandy Spring 301-570-1215

Clarksburg Seniors (W 10:00am-2:00pm) Clarksburg Recreation Center, Route 355 at 22501 Wims Road, Clarksburg

Route 355 at 22501 Wims Road, Clarksburg

Coffield Seniors (W, Th, 10:00am-2:00pm) Coffield Community Center, 2450 Lyttonsville Road, Silver Spring 240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

Seniors: 301-468-4540

East County Seniors * + (Tu, F, 10:00am-2:00pm)
East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Fairland Seniors* (Th 10:00am-2:00pm) Fairland Community Recreation Center, 14906 Old Columbia Pike, Burtonsville 240-777-4970

Germantown Seniors * + (M, Th, 10:00am-2:00pm) Germantown Community Center, 18905 Kingsview Road, Germantown 301-601-1685

Evergreen Senior Program (Tu, W, F, 9:00am-4:00pm)

Germantown Community Center, 301-601-1685 A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Longwood Seniors (M 10:00am-2:00pm) Longwood Community Center, 19300 Georgia Avenue, Brookeville

Owens Park Seniors + (Tu, W, 10:00am-2:00pm) Owens Park Recreation Center 19900 Beallsville Road, Beallsville 301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm) Potomac Community Center, 11315 Falls Road, Potomac

Waverly House Seniors * (W, Th 10:00am-2:00pm)
Waverly House Apartments
4521 East West Highway, Bethesda

- * Nutrition lunch program available
- + Limited transportation available

Mark your calendar!

Go Away! No, we mean it!

Senior Travel Information Fair

Wednesday, May 26, 2004, 1:00-4:00pm at

Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD

Travel Seminars Speakers Travelogues Exhibits
Expand Your Travel Horizons

Call 301-468-4448 to receive further information.









Special Activities and Events

Seniors: 301-468-4540

Listed below is a sampling of some of the activities and events that are available at our Senior Centers and Neighborhood Programs. You are invited to stop by any of our program sites at the times listed on page 4 of this brochure.

March 8, 12:30pm, **The Music of Jerry Lee Lewis and Elvis** performed by Doug Cooke, Bauer Drive Community Center

March 17, 12:30pm, **St. Patrick's Day Celebration** music by Dale Jarrett, Waverly House Apartments March 25, 11:00am, **Live Interactive Music** (Latin, Jewish, Celtic, American) that everyone can enjoy, by the Jessie Paladofsky Group, Ross Boddy Community Center (also April 27, 11:00am at East County Community Center)

April 13, 10:30am, **The Power of Humor** presented by Holy Cross Hospital, Margaret Schweinhaut Senior Center

May 7, 1:15pm, **Mother's Day Special** Deena Javor entertains. Flowers for the ladies. Fee: \$1 at the door, Holiday Park Senior Center

May 11, 11:00am, **Testing Your Memory** presented by Adventist Health Care, Long Branch Senior Center

May 23, 3:00pm, **The Voices of The Takoma Park Singers** Free Sunday afternoon concert open to the public, Margaret Schweinhaut Senior Center



Start Soaring--It's the thing to do!

SOAR has planned the Spring 2004 program and has many new and exciting trips on its agenda, as well as repeats of perennially popular tours. The brochure will be mailed in February. The following is a sample of trips beginning in mid-April.

• Spy tour with Gary Powers Jr. • Guided tour of new Air & Space facility • 18th and 19th Century walking tour of historic Fredericksburg • Sailing trip out of Annapolis on the 75 foot *Imagine* • Civil War battlefield tour with Civil War historian

To be placed on the SOAR mailing list, please send a postcard to: SOAR, 3950 Ferrara Drive, Wheaton MD 20906

Ongoing Programs

Friday Tea Dances at Holiday Park Senior Center Fee: \$4.00 at the door, 1:15-3:15pm. Light refreshments, live entertainment, singles welcome. March 12 & 26; April 16, 23 & 30; May 14 & 28.

Thursday Tea Dances at Damascus Senior Center Fee: \$2.00/\$1.00 with DSCSI membership card. Bring your dancing partner and move to taped music from foxtrots to tangos. Refreshment break.

Exercise Opportunities

Free 45 minute exercise and strengthening programs:

Senior Shape is a partnership with Suburban Hospital and Kaiser Permanente. Locations: Clara Barton Community Center M/W 11:15am and Potomac Community Center T/F 10:00am. Register on site.

Senior Fit is a partnership with Holy Cross Hospital and Kaiser Permanente. Locations:

Bauer Drive Community Center M/W 9:15am, East County Community Center M/W/F 10:30am, Coffield Community Center T/Th 9:15am, Long Branch Community Center M/W noon, Ross Boddy Community Center T/Th 9:00am Wheaton Community Center M/W 10:30am. For registration information, call 301-754-7149.

Chair Volleyball A new fun activity. Similar rules and skills as regular volleyball but you must stay seated. We will have an instruction clinic on Thursday, April 22, 1:00pm at Margaret Schweinhaut Senior Center. For other locations, call 301-468-4540.

Other Activities

Senior Olympics The Maryland Senior Olympics is held at Towson University each September, as well as other sites around the state including Montgomery County. We are planning to provide instruction and practice for some sports in preparation for the 2004 Maryland Senior Olympics. For more information call 301-468-4540.

Heartwell *Improving your heart and your health* is a partnership with Suburban Hospital Healthcare System. Heartwell will help you manage blood pressure, medication coordination, exercise, and physician consultation. Program available at Holiday Park, Long Branch and Margaret Schweinhaut Senior Centers. Ages 65+. For more information, contact Community Care Management at 301-896-6500. Free

9/11 WHY? Religious, Political and Cultural Roots of Conflict – Participate in a fascinating 9 week reading and discussion series. Examine terrorism and its impact on our lives. Starts March 3 at Holiday Park Senior Center. This program is funded by The United States Institute of Peace and The Maryland Department of Public Libraries. Call 301-468-4448 to register. Free

AQUATICS PROGRAMS

The Department of Recreation operates three indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Detailed schedules of recreational swim hours, lessons, swim teams and all other programs are available at each pool. For more information, call the number listed below.

Martin Luther King, Jr. Swim Center (MLK) 301-989-1206 1201 Jackson Road, Silver Spring

(off New Hampshire Avenue, south of Randolph Road) Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards and 5-meter platform, a separate warm water teach pool with shallow water for easy access, 2 hydrotherapy pools, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center (MAC) 301-468-4211

5900 Executive Boulevard, N. Bethesda (between Nicholson Lane and Old Georgetown Road)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a warm water leisure pool, two separate hydrotherapy pools, a 10-meter diving platform and interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.

Olney Indoor Swim Center (OSC) 301-570-1210

16601 Georgia Avenue, Olney (in the Olney Manor Park) Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two hydrotherapy pools, saunas, weight and exercise room, all purpose room and locker and shower facilities.

SWIMMING INSTRUCTION

The spring semester of swim lessons will be offered in three 6-week sessions. Classes meet once a week for 6 weeks or twice a week for 3 weeks. The spring sessions will begin in February, March and April. A schedule listing dates, times and fees is available at all pools.

Advance in-person registration is necessary for all learn-to-swim lessons for all ages and abilities and will take place at each pool. Sign up at the pool where you wish to take lessons. **No phone or mail registrations will be accepted.** Cost: \$40 to \$50 for six lessons. Non-County residents are charged an additional \$10.00 fee.

Due to program limitations, swim classes will be held on the following special day: 2/16/04 (Presidents Day). Swim classes will NOT be held during MCPS Spring Break 4/4/04 through 4/12/04. Carefully check your lesson schedule available at the pool.

Lesson Registration for County Residents at MAC, MLK and OSC is ongoing. Stop by the pool for a lesson schedule.

SPECIAL AQUATIC COURSES

Adapted Aquatics is a learn-to-swim program designed for children ages 4 to 15 with special needs and runs concurrently with other programs at MAC. Volunteers are needed to assist the instructors. "Community Service" students are welcome! Registration is ongoing. For further information, call 301-468-4211.

Aguatics: 240-777-6860

Lifeguard Training, CPR and Instructor Training courses will be offered at MLK, MAC or OSC. Specific schedules are available at the pools. Registration is ongoing at each pool.

Pool Operator Course

Trains pool operators and managers by providing them with basic knowledge needed for safe operation of a modern swimming pool. The course prepares students 17 or older to pass the Pool Operator's licensing exam administered by the Montgomery County Department of Health. New classes will be offered in April, May and June at various locations. For more information, call 240-777-6860.

5 Two hour and thirty minute sessions			
102521 Holiday Park SrC (second class at MAC)	4/5-4/9	M,Tu,W,Th,F	7:00pm
102522 Holiday Park SrC	5/10,12,17	M,W,M,W,Th	7:00pm
(second class at MAC) 19, 20			
102524 Holiday Park SrC (second class at MAC) 9, 10	6/2, 3, 7,	W,Th,M,W,Th	7:00pm

Pool Operator Refresher Course

A current Pool Operator card is required to take course. For more information, call 240-777-6860.

1 Three hour session \$3**5.00** 102523 MAC 5/22 Sa 10:00am

FAMILY RECREATIONAL SWIMS

Recreational and Lap Swim sessions for the entire family are available each day at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Pool pass fees are pro-rated monthly. Drop by or call the pool nearest you

to receive schedules and specific information on admission fees and pass prices. Groups of more than 8 persons must contact the pool for advice as to when to attend a Recreational Swim period. Ask the Cashier for information about "Punch 12 Discount Cards."



COMPETITIVE PROGRAMS

Aguatics: 240-777-6860

Training for age-group, senior, and masters levels is available in swimming, diving and water polo. Brochures are available at each pool. New participants are welcome to join at anytime after speaking with a coach or program supervisor. Call the pool for more information.

Montgomery Swim Club (RMSC)

A competitive age-group swim team for boys and girls, 6-18 years, who train at MLK, MAC, or OSC. In addition to stroke improvement and fitness, swimmers will be encouraged to participate in USA Swimming competitions. Call the pool for information.

SwiMontgomery

A developmental competitive skills program at OSC and MAC for children who have received swim lessons or have had at least one summer of swim team experience, but are not yet ready for the RMSC Swim Team program. Stop by the pool for more information.

The Montgomery Dive Club (MDC)

An advanced age-group competitive diving program offered at MLK, MAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC. Diving lessons and Adult Masters Diving is also offered. Call John Wolsh at 301-829-2303 for information or visit www.montgomerydiveclub.com.

Montgomery Masters "Ancient Mariners"

A program designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC and OSC. Call Tom Denes at 301-564-4234.

Montgomery Stroke & Turn Clinic (MSTC)

A stroke improvement swim program for summer league swimmers who wish to continue in a once-a-week technique clinic. Offered at MAC, MLK and OSC early on Sunday evenings. Stop by for a flyer or call 240-350-8511 for questions about the program.

RENTALS - PARTIES

Saturday evenings are available for facility rental by groups. Party Rooms are available for small birthday parties or private meetings. Contact the full time staff for available times and fees.

Now Hiring Part Time Staff!

The Aquatics Team is now accepting applications for spring or summer positions at our three indoor pools

and seven large outdoor pools. Vacancies exist for qualified lifeguards, swim instructors, assistant coaches, pool aides and cashiers. Training and retraining courses are available. We encourage the return of former guards and instructors.

For more information, speak with a supervisor at our indoor pools or call the Main Office at 240-777-6860.

WATER FITNESS CLASSES

An exercise session in the water is a highly effective cardiovascular workout while strengthening your muscles in a safe and gentle environment. We offer water fitness classes that can benefit the very fit, as well as the very frail. These classes are ideal for people with joint and limb disorders and for individuals who are overweight or pregnant.

- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Different instructor styles add a nice variety to your program.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- Music may be used to enhance the exercise experience.

See listings of Water Fitness Classes on the next page.

Instructors:

Wellness Network: Linda Costello

301-924-3488 wellnet@aol.com

Waterworks: Sally Dimsdale 301-593-1609

sallywaterworks@msn.com

H2O Fitness: Peggy Brower 301-603-1328

browers4@aol.com

Note: Classes will be held on most holidays, but the instructor will confirm with each class. There will be no classes held 4/5 through 4/10 due to MCPS Spring break.



CLASSES WATER NESS

Abs & Glutes



Shallow water class with focus on abs and glutes. Water gloves are recommended and can be purchased at class.

9 Fifty minute sessions					\$43
102862 102863		H20FIT H20FIT	3/15-5/17 3/17-5/19	M	10:00am 10:00am
102003	IVILIX	1120111	3/1/-3/19	VV	10.00aiii

Aqua Sculpting

This is a high intensity workout with no impact on your legs, often associated with land-based exercise classes. Aqua Sculpting is done in the shallow end of the pool using the resistance of water to tone the body. Dumbbells and gloves are recommended and can be purchased at class.

9 Fifty minute ses	\$43				
102864 MLK	H20FIT	3/19	5/21	F	10:00am
D 1 0 1 4	_				Δ.

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on abs, glutes, legs and upper body

9 Fifty minute sessions					\$43
102895	MLK	H20FIT	3/16-5/18	Tu	10:00am
102896	MLK	H20FIT	3/18-5/20	Th	10:00am
102897	MAC	Watrwks	3/19-5/21	F	7:30am
102898	MAC	Watrwks	3/16-5/18	Tu	6:30pm
102899	MAC	Watrwks	3/18-5/20	Th	6:30pm
102900	OSC	Wellness	3/18-5/20	Th	7:00pm
102901	OSC	Wellness	3/16-5/18	Tu	7:00pm
102902	OSC	Wellness	3/15-5/17	M	9:30am
102903	OSC	Wellness	3/20-5/22	Sa	10:00am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Classes given in diving well using ski belt(available for purchase) for flotation.

9 Fifty n	ninute s	essions			\$43
102865	MLK	H20FIT	3/15-5/17	M	1:00pm
102866	MLK	Wellness	3/16-5/18	Tu	7:30pm
102867	MLK	H20FIT	3/17-5/19	W	1:00pm
102868	MLK	Wellness	3/18-5/20	Th	7:30pm
102869	MLK	H20FIT	3/16-5/18	Tu	7:30am
102870	MLK	H20FIT	3/18-5/20	Th	7:30am
102871	MAC	Watrwks	3/15-5/17	M	8:30am
102872	MLK	H20FIT	3/19-5/21	F	1:00pm
102873	MAC	Watrwks	3/15-5/17	M	1:30pm
102874	MAC	Watrwks	3/16-5/18	Tu	10:00am
102875	MAC	Watrwks	3/17-5/19	W	8:30am
102876	MAC	Watrwks	3/17-5/19	W	1:30pm
102877	MAC	Watrwks	3/18-5/20	Th	10:00am
102878	MAC	Watrwks	3/19-5/21	F	8:30am
102879	MAC	Watrwks	3/19-5/21	F	1:30pm
102880	MAC	Watrwks	3/16-5/18	Tu	7:30pm
102881	MAC	Watrwks	3/18-5/20	Th	7:30pm
102882	OSC	Wellness	3/16-5/18	Tu	8:00pm
102883	OSC	Wellness	3/16-5/18	Tu	8:30am
102884	OSC	Wellness	3/18-5/20	Th	8:00pm
102885	OSC	Wellness	3/18-5/20	Th	8:30am
102886	OSC	Wellness	3/19-5/21	F	6:00pm
102887	OSC	Wellness	3/16-5/18	Tu	10:30am
102888	OSC	Wellness	3/18-5/20	Th	10:30am
102889	OSC	Wellness	3/15-5/17	M	7:00pm
102890	OSC	Wellness	3/17-5/19	W	7:00pm
102891	OSC	Wellness	3/17-5/19	W	1:30pm
102892	OSC	Wellness	3/15-5/17	M	6:30am
102893	OSC	Wellness	3/17-5/19	W	6:30am
102894	OSC	Wellness	3/19-5/21	F	1:30pm
102906	OSC	Wellness	3/20-5/22	Sa	9:00am

Water Aerobics



Aguatics: 240-777-6860

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Fifty n	ninute s	essions			\$43
102907	MLK	H20FIT	3/16-5/18	Tu	8:30am
102908	MLK	H20FIT	3/18-5/20	Th	8:30am
102909	MAC	Watrwks	3/16-5/18	Tu	8:30am
102910	MAC	Watrwks	3/18-5/20	Th	8:30am
102911	MAC	Watrwks	3/17-5/19	W	9:30am
102912	MAC	Watrwks	3/19-5/21	F	9:30am
102913	MAC	Watrwks	3/15-5/17	M	9:30am
102914	OSC	Wellness	3/16-5/18	Tu	7:00pm
102915	OSC	Wellness	3/18-5/20	Th	7:00pm
102916	OSC	Wellness	3/16-5/18	Tu	9:30am
102917	OSC	Wellness	3/18-5/20	Th	9:30am
102918	OSC	Wellness	3/15-5/17	M	1:30pm

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Fifty n	9 Fifty minute sessions				
102919	MLK	Wellness	3/16-5/18	Tu	10:30am
102920	MLK	Wellness	3/18-5/20	Th	10:30am
102921	MAC	Watrwks	3/15-5/17	M	11:00am
102922	MAC	Watrwks	3/17-5/19	W	11:00am
102923	MAC	Watrwks	3/19-5/21	F	11:00am
102924	OSC	Wellness	3/15-5/17	M	10:00am
102925	OSC	Wellness	3/17-5/19	W	10:00am
102926	OSC	Wellness	3/19-5/21	F	10:00am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Fifty n	ninute :	sessions			\$43
102927	MLK	H20FIT	3/15-5/17	M	9:00am
102928	MLK	Wellness	3/16-5/18	Tu	8:30pm
102929	MLK	H20FIT	3/17-5/19	W	9:00am
102930	MLK	Wellness	3/18-5/20	Th	8:30pm
102931	MLK	H20FIT	3/19-5/21	F	9:00am
102932	MAC	Wellness	3/15-5/17	M	8:30pm
102933	MAC	Watrwks	3/16-5/18	Tu	11:30am
102934	MAC	Wellness	3/17-5/19	W	8:30pm
102935	MAC	Watrwks	3/18-5/20	Th	11:30am
102936	MAC	Watrwks	3/16-5/18	Tu	8:30pm
102937	OSC	Wellness	3/17-5/19	W	9:00am
102938	OSC	Wellness	3/19-5/21	F	9:00am
102939	OSC	Wellness	3/15-5/17	M	8:00pm
102940	OSC	Wellness	3/17-5/19	W	8:00pm
102941	OSC	Wellness	3/15-5/17	M	9:00am
Pilates					

Combines strengthening poses, breathing techniques and body alignment to straighten and elongate the muscles. It is a perfect way to increase mind-body awareness, decrease

stress, and relax the spirit. Please bring mat to class. 9 One hour sessions \$72 102942 OSC Wellness 3/18-5/20 Th 9:30am 102943 OSC Wellness 3/20-5/22 Sa 8:30am

Yoga

Designed to connect your mind, body and spirit. Concentrates on strength, flexibility, balance, and breathing techniques. A wonderful complement to a cardiovascular program. Bring a yoga stretch mat, blanket optional.

9 One h	our sessions	;			\$72
102944	OSC	Wellness	3/17-5/19	W	9:30am

See Fitness and Wellness sections for additional Pilates and Yoga classes.



GCCD: 240-777-0000

MONTGOMERY COUNTY

Charles W. Gilchrist

Center for Cultural Diversity

Providing Information and Referral Services, Adult Learning opportunities in Computer Applications, ESOL, Small Business Seminars, and other Outreach and Community Activities including Cultural Programs.

Visit us at: 11319 Elkin Street, Wheaton, Maryland 20902 or on the web at montgomerycountymd.gov/rec (select *Gilchrist Diversity Center* under *Programs* menu). Phone: 240-777-4940, Fax: 240-777-4941.

GET INVOLVED! Many volunteer opportunities include: Computer Applications, ESOL, and Other Language Instructors, Data Entry, Information and Referral Services. The Center is accepting applications for temporary, part-time information and referral positions. Multiple language proficiency desired. Visit our website for more information.

COMING SOON!

Visit us at our satellite location located at the Upcounty Regional Services Center, 12900 Middlebrook Road, Suite 1000, Germantown, MD 20874. Call 240-777-4940 for more information.

Play Montgomery Guide sales to benefit Friends of Recreation



www.playmoco.org

The non-profit Montgomery Parks Foundation* has recently published the *Play Montgomery Guide*, a pocket-sized guide to parks, recreation, and entertainment throughout the County. The *Play Montgomery Guide* features major parks, recreation facilities, historic and cultural sites, and performing art centers. Web sites and contact information are included.

The Guide can be purchased at the following Department of Recreation locations for \$3.95. Half of the proceeds from sales at these locations will benefit the new **Friends of Recreation** organization with the other half supporting the **Parks Foundation**.

- Montgomery County Dept. of Recreation, Customer Service Desk, Silver Spring
- Martin Luther King Indoor Swim Center, Silver Spring
- Montgomery Aquatic Center, North Bethesda
- Fairland Regional Service Center, Burtonsville
- Potomac Community Center, Potomac
- Upcounty Government Center, Germantown

*The Montgomery Parks Foundation is a non-profit public foundation formed in 1992 to foster private support of Montgomery County's outstanding park system. The Parks Foundation serves as a facilitator for Friends Groups that support various parks, park and recreation facilities, and programs of the Maryland-National Capital Park and Planning Commission. For more information, telephone 301-767-0002 or visit http://www.montgomeryparksfnd.org.

THERAPEUTIC RECREATION PROGRAMS

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, so early notification is essential.

Children's Programs Kaleidoscope

Ages 6–10, with learning disabilities and/or attention deficit disorder (ADHD): A structured setting offers arts and crafts, games, and outdoor play in a park setting with playgrounds and fields. Participants should be able to follow simple instructions, understand basic rules, and express needs. Bring a bag lunch. 1 staff to 4 participants. No class on 4/3, 4/10.

8 Three hour sessions \$**56** 103145 Ken Gar Palisades PC 3/20 Sa 10:30am



Karate for Individuals with Disabilities ★ ⁴

Ages 5&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

 8 Forty-five minute sessions
 \$68

 103745 Randolph Hills PC
 3/6
 Sa
 9:00am

 103746 Randolph Hills PC
 3/6
 Sa
 9:45am

Tip for a Healthier Life:

Floss your teeth everyday. Research shows a direct connection between good health and teeth flossing.



TR Team: 301-468-4540

Golf at Laytonsville Golf Course

Ages 8-16, with hearing loss/deaf or ADHD/ADD: Instruction includes setup (proper grip, stance, and posture), mechanics of the golf swing (half swing and full swing), and putting techniques. Course instructor is fluent in American Sign Language (ASL). TTY 240-777-6974. 4-6 students per instructor. \$5.00 ball fee due each class. Bring clubs.

5 One hour sessions103752 Laytonsville GC Dyess 4/22 Th 4:30pm

Teen and Adult Programs

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. **No personal care provided.** No class on 4/6 and 4/8.

8 One hour and thirty minute sessions\$32103721 MLK Swim Center3/23 Tu8:30pm103722 MAC Swim Center3/25 Th8:00pm

Beginning Handbuilt Pottery for Adults \star ^{\circ}

Ages 18&Up, with disabilities: Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. No personal care provided.

8 One hour sessions \$55 103147 Wheaton CC 3/17 W 1:30pm

Feeling Fit with Multiple Sclerosis

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

6 One hour sessions 103724 Call 301-468-4540 for location and time \$32

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class. No class on 4/11.

6 One ho	our sessions			\$32
103725	Germantown CC	3/21	Sun	1:00pm

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. No class on 4/5, 4/7, 4/8, 4/12 and 5/31.

8 One hour sessions					
103098 Bauer Drive CC	3/25	Th	7:00pm		
103099 Wheaton CC	3/29	M	7:00pm		
103100 Germantown CC	3/24	W	7:30pm		

Teen and Young Adult Funfit

Ages 13-21 years, with developmental delays: A funfilled, high energy activity class that includes games, music, parachute, balls, and movement for a great workout. Adult to remain at class. 1 staff to 12 participants. No personal care provided. \$10 material fee due to instructor. No class on 4/7.

8 Forty five minute sessions	\$60		
104146 Holiday Park SrC	3/24	W	4:30pm

Stained Glass Workshops

Ages 16&Up, with disabilities: Step by step instruction to create a stained glass sun-catcher for your home. Fee includes all instruction, materials, use of tools and equipment. 1 staff to 10 participants. No personal care provided.

1 Two h		\$50		
104595	Bauer Drive CC	4/17	Sa	2:00pm
104596	Bauer Drive CC	4/24	Sa	2:00pm

Programs to look for in the Spring Therapeutic Recreation Brochure

TR Adult Social Clubs Exciting weekend activities for ages 21 and older. Come make new friends and join the fun!

Dances for Teens and Adults DJ, light refreshments, and opportunities for socialization. Themes include an "Under the Sea" formal on April 23 and a "Carnival" on June 11.

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List 3950 Ferrara Drive Wheaton, MD 20906



We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department Affiliated Services-Contracts 4010 Randolph Road

Silver Spring, MD 20902

COMPETITIVE SPORTS

CCS Team: 240-777-6870

A variety of sports leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Adult leagues register by team only and generally include Men's, Women's, and CoRec divisions. Registration materials for adult leagues may be obtained on a seasonal basis by request. Contact the CCS Team office to receive current information. **Do not use the registration form in this Guide.** Individuals seeking to be placed on a team may call to be added to the list provided to managers.

Senior adult sports (age 50 and up), call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

	Summer	Fall	Winter	Spring
Basketball				
Senior Adult			December-10 gam	es
Adult	June-10 games		December-10 gam	es
High School	June-10 games	September-8 games	January-10 games	
Rising Star, Grades 6–8	June-10 games		January-10 games	
Instructional, Grades 1-2			January-8 sessions	
Baseball				
Montgomery County Baseball As	ssociation	September-14 games		April-18 games
Football			70577	
Co-Rec, Flag		September-10 games	P ///)	
Men's Touch		September-10 games		
In line hockey			1 11/1/2	
Youth 6–16 years		September-8 games		April-8 games
Soccer			135	
Men's, Women's and Co-Rec		September-9/10 game	es l	April-9/10 games
Instructional, Grades K-4		October-6 sessions		April-6 sessions
				(Grades K-2 only)
Softball			3	
Senior Adult			<u></u>	April-14/28
games Men's, Women's and Co-Rec	June-10 games	August-7/14 games		April-14/28 games
High School Fastpitch	June-8 games	August-7/14 games		April-14/20 games
Tennis	Jane o games			
Adult League (Single, Doubles, A	Aixed		September-7 matcl	nes
April-7 matches	VIIACU)		September 7 mater	103
Volleyball				
Men's, Women's and CoRec		September-7 matches	;	April-7 matches
Clinics	June-7 weeks	-	January-7 weeks	-



Just moved to Montgomery County?

We have programs, classes, clinics and activities for all ages. Browse through the Guide... see what we have to offer!

Want to learn more?

Please call our Customer Service desk at 240 777-6840.

\$62

Sports for Youth and AdultsFirst Tee Montgomery-Youth Golf

CCS Team: 240-777-6870

For youth interested in learning golf, MCRD is working in partnership with First Tee Montgomery, Inc. to provide program scholarships at the Laytonsville and White Oak golf courses. Instruction will be by PGA professionals. Students will learn the basics of the golf swing, rules, etiquette and other essentials of the game. Call 301-948-6613 or Laytonsville or White Oak Golf Courses for the schedule of upcoming sessions.

Badminton

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Instruction provided by Montgomery County Badminton Club.

Beginner/Advanced Beginner

\$10 material fee due to the instructor the first class.

8 One hour sessions					\$52
102363	Bauer Drive CC	MCBC	3/16	Tu	6:00pm

Intermediate/Advanced

\$20 material fee due to the instructor the first class.

8 Two	hour and thirty	minute sessions			\$83
102364	Bauer Drive CC	MCBC	4/3	Sa	10:30am

Recreational Basketball

Ages 18&Up: Supervised free play in basketball continues throughout the school year. Come once or every week. All skill levels encouraged. Informal drop in program.

10 Two hour sessions					
90658	White Oak MS	Kensky	3/15 M	6:00pm	
5 Two	hour sessions			\$21	
102365	White Oak MS	Kensky	5/24 M	6:00pm	



Holiday Hoops Basketball Clinic

Grades 3-8: For boys and girls. Instructed by One on One Basketball, Inc. Each day's session includes fun drills and scrimmages to enhance offensive and defensive skills and team play. Participants should bring lunch and a drink in an unbreakable container and wear non-marking tennis shoes. Call 240-777-6870 for information.

5 Six h	our sessions				\$175
102641	Potomac CC	One on One	4/5	M-F	9:00am
102642	Fairland CC	One on One	4/5	M-F	9:00am
102643	Wheaton CC	One on One	4/5	M-F	9:00am

Basketball Clinics

Basketball season is ending. Now is the time to get better! Join the professional staff from One on One Basketball for spring skills classes. These coed classes will emphasize fundamental skill development as well as team play in a fun, positive environment. Turn your weaknesses into strengths with One on One!

One hour sessions	
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o One	iloui sessions			/	Ψ02
Grade	s 1-2				
102370	Potomac CC	One on One	4/4	Su	12:00pm
102371	Wheaton CC	One on One	4/4	Su	12:00pm
102377	Fairland CC	One on One	4/4	Su	1:00pm
102367	Germantown CC	One on One	4/4	Su	1:00pm
Grade	s 3-4				
102368	Leland CC	One on One	3/30	Tu	5:00pm
102372	Hoover, Herbert MS	One on One	3/31	W	6:00pm
102383	Stedwick ES	One on One	4/1	Th	6:00pm
102394	Germantown CC	One on One	4/4	Su	2:00pm
102378	Wheaton CC	One on One	4/4	Su	1:00pm
102384	Fairland CC	One on One	4/4	Su	2:00pm
102373	Potomac CC	One on One	4/4	Su	1:00pm
Grade	s 5-6				
102375	Leland CC	One on One	3/30	Tu	6:00pm
102379	Hoover, Herbert MS	One on One	3/31	W	7:00pm
102382	Stedwick ES	One on One	4/1	Th	7:00pm
102381	Wheaton CC	One on One	4/4	Su	2:00pm
102385	Fairland CC	One on One	4/4	Su	3:00pm
102386	Germantown CC	One on One	4/4	Su	3:00pm
	Grade 102370 102371 102377 102367 Grade 102368 102372 102383 102394 102378 102384 102375 102379 102382 102381 102381	102377 Fairland CC 102367 Germantown CC Grades 3-4 102368 Leland CC 102372 Hoover, Herbert MS 102383 Stedwick ES 102394 Germantown CC 102378 Wheaton CC 102373 Potomac CC Grades 5-6 102375 Leland CC 102379 Hoover, Herbert MS 102382 Stedwick ES 102381 Wheaton CC 102385 Fairland CC	Grades 1-2 102370 Potomac CC One on One 102371 Wheaton CC One on One 102377 Fairland CC One on One 102367 Germantown CC One on One 102368 Leland CC One on One 102372 Hoover, Herbert MS One on One 102383 Stedwick ES One on One 102394 Germantown CC One on One 102378 Wheaton CC One on One 102373 Potomac CC One on One 102373 Potomac CC One on One 102375 Leland CC One on One 102379 Hoover, Herbert MS One on One 102382 Stedwick ES One on One 102381 Wheaton CC One on One 102385 Fairland CC One on One	Grades 1-2 102370 Potomac CC One on One 4/4 102371 Wheaton CC One on One 4/4 102377 Fairland CC One on One 4/4 102367 Germantown CC One on One 4/4 102368 Leland CC One on One 3/30 102372 Hoover, Herbert MS One on One 3/31 102383 Stedwick ES One on One 4/1 102394 Germantown CC One on One 4/4 102378 Wheaton CC One on One 4/4 102378 Wheaton CC One on One 4/4 102373 Potomac CC One on One 4/4 Grades 5-6 102375 Leland CC One on One 3/30 102379 Hoover, Herbert MS One on One 3/31 102382 Stedwick ES One on One 4/1 102381 Wheaton CC One on One 4/4 102385 Fairland CC One on One 4/4	Grades 1-2 102370 Potomac CC One on One 4/4 Su 102371 Wheaton CC One on One 4/4 Su 102377 Fairland CC One on One 4/4 Su 102367 Germantown CC One on One 4/4 Su Grades 3-4 102368 Leland CC One on One 3/30 Tu 102372 Hoover, Herbert MS One on One 3/31 W 102383 Stedwick ES One on One 4/1 Th 102394 Germantown CC One on One 4/4 Su 102378 Wheaton CC One on One 4/4 Su 102373 Potomac CC One on One 4/4 Su Grades 5-6 102375 Leland CC One on One 3/30 Tu 102379 Hoover, Herbert MS One on One 4/1 Th 102382 Stedwick ES One on One 4/4 Su 102385 Fairland

Job Opportunities

Attention teachers, college and high school students ages 16&Up!

Positions are available as counselors and site directors. If you enjoy working with children and are interested in a fun and exciting summer call:

Summer Camps throughout Montgomery County	240-777-6870
Summer Fun Centers Bethesda-Chevy Chase Region	301-983-4467

Bethesda, Chevy Chase, Potomac

Upcounty Region

East County Region 240-777-4980

Burtonsville, Cloverly, Colesville, Fairland, White Oak

Mid County Region 240-777-4930

Aspen Hill, Brookeville, Kensington, Olney, Sandy Spring, Wheaton

Silver Spring Region 240-777-4900

Lower Silver Spring, Takoma Park, Rosemary Hills, Long Branch

Damascus, Darnestown, Gaithersburg, Germantown, North Potomac, Poolesville

Teen Programs throughout Montgomery County 240-777-6961
Therapeutic Camps throughout Montgomery County 301-468-4540

240-777-6940

In-Line Clinics-Skating



Soccer Clinics

6 One hour sessions

102855 Goshen ES

Instructional program for grades K-2 taught by professional instructors. Teams play 4 v 4 format and may have home and away scrimmages during the season. Emphasis on dribbling, passing, shooting and having fun. Wear shin guards and soccer shoes. Bring a size 3 ball with name on it

CCS Team: 240-777-6870

¢52

Basic roller hockey skills for beginners. Skate, stop, turn and go! Instruction in gearing up, how to avoid falling down, skating forward and backward, stopping, turning, equipment maintenance, safety checks, skating games, and more. Required equipment must be provided by the participant: in-line skates, helmet designed for biking or in-line skating, wrist guards, elbow and knee pads. Class will not meet in rain, call 703-803-7100 for weather announcements.

6 Fifty ı	minut	e sessio	ns		(9)		\$59
102857	Ridge	Road RP	, Y		4/19	M	4:30pm
				. \			

6 One	nour sessions				\$52
Kinde	rgarten				
102776	Christa McAuliffe ES	American Soccer	4/25	Su	1:00pm
102777	Dennis Ave ES	American Soccer	4/25	Su	1:00pm
102778	Bells Mill ES	American Soccer	4/25	Su	1:00pm
102779	Bannockburn ES	American Soccer	4/25	Su	1:00pm
102780	Fairland ES	American Soccer	4/25	Su	1:00pm
102781	Goshen ES	American Soccer	4/25	Su	1:00pm
First G	rade				
102828	Dennis Avenue ES	American Soccer	4/25	Su	2:00pm
102829	Fairland ES	American Soccer	4/25	Su	2:00pm
102830	Bells Mill ES	American Soccer	4/25	Su	2:00pm
102831	Bannockburn ES	American Soccer	4/25	Su	2:00pm
102832	Goshen ES	American Soccer	4/25	Su	2:00pm
102823	Christa McAuliffe ES	American Soccer	4/25	Su	2:00pm
Second	l grade				
102852	Fairland ES	American Soccer	4/25	Su	3:00pm
102853	Bells Mill ES	American Soccer	4/25	Su	3:00pm
102854	Bannockburn ES	American Soccer	4/25	Su	3:00pm

Roller Hockey Clinics

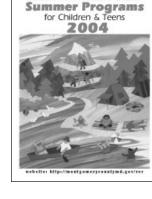
Take your game to the next level in this clinic for all skill levels. An intense, fast-paced class with an emphasis on power skating, ball control, passing, shooting, offense, defense, flow drills, goal tender training, scrimmages and more. For serious players only. Bring water bottle and snack. Call 703-803-7100 or 240-777-6889 for inclement weather announcements.

6 Fifty minute Session	ons			\$59
Ages 6-8 years 102859 Ridge Rd RP A	m. In-Line Skiting	4/19	М	5:30pm
Ages 9-12 years 102860 Ridge Rd RP A	.m. In-Line Skating	4/19	M	6:30pm

Don't Miss the Fun

Summer Programs Brochure

Day Camps
Summer Fun
Centers
Schools & Clinics
Sports Skills
Programs
Teen Programs



Therapeutic Camps

Now available at Montgomery County Libraries, Regional Service Centers, Department of Recreation Community Centers, and pools.

Or call 240-777-6870 to have a copy mailed to you.

http://montgomerycountymd.gov/rec

Tip for a Healthier Life:

102856 Christa McAuliffe ES American Soccer

Move your body! Even short periods of activity can increase your fitness level.

American Soccer 4/25

Su

3:00pm

3:00pm

Help Build Your Community: Make a Donation

Help build a better community by making a donation to Friends of Recreation (FOR).* Your tax deductible contribution can help support a community center, sponsor a recreation program, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the "Montgomery Parks Foundation," and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FORGeneral Fund or FOR (and the facility or program you wish to support). Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

*FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at montgomerycountymd.gov/rec

YOUTH SERVICES SPORTS

A variety of sports leagues for youth and teens are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the department. Interested adults may call for coaching information.

Grades	Summer	Fall	Winter	Spring
Basketball			V	
Grades 3–8		September-7 games (Grades 5-8 only)	January-8 games	
Baseball		T J AU		
Grades 2–9				April-10 games
Tball Grades K-2				April-6 sessions
Field Hockey				
Girls, Grades 5-8		September-6 games		April-6 games
Girls, Grades 4-9		September-9 sessions		May-4 sessions
Indoor Girls, Grades 3–9			December Open January-9 session	
Football				
Grades 2–8 Flag		September-7 games		
Softball		K (A)		
Slowpitch Girls, Grades 3–12		September-8 games (Grades 3-8 only)		April-10 games
Fastpitch Girls, Grades 7-8		September-8 games		April-10 games

National Youth Sports Coaches' Association (NYSCA) certification program

Youth Services: 240-777-6961

Certified volunteers are needed to coach in youth basket-ball, flag football, in line hockey, baseball and softball. Certification includes the National Youth Sports Coaches Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6961 for a seasonal schedule of upcoming clinics.



OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call the Youth Services Team at 240-777-6961.

Flag football-Saturday hours, Grades 2-8. Training begins in September

Baseball and Softball-Saturday and Sunday hours. Grades 2-9. Training in March

Basketball-Saturday and/or Sunday hours. Grades 4-6. Training in late November and December.

Volunteer this Spring!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

Just call the team you want to work with.

Department of Park and Planning

M-NCPPC's Dept. of Park & Planning oversees 31,000 acres of parkland in Montgomery County. Admission to parks is free, but some programs require advance registration and a fee. Call 301-495-2503 for general park information,

or check the Web at www.mc-mncppc.org. For details about facilities and programs accessible to persons with disabilities, call the facility or TDD 301-495-1331.

SOUTH GERMANTOWN RECREATIONAL PARK

From April to October, test your skill on two miniature golf courses (301-601-3580). Next door, the popular splash playground is unique in the region and opens for the season on May 22. Adventure Playground, tot lots, picnic area, hiker-biker trails, ball fields, and archery range are also available. The Park is home to the Maryland Soccerplex (301-528-1480) with 19 outdoor soccer fields and the Discovery Sports Center, the Germantown Golf Park driving range (301-972-6770), and the King Dairy Mooseum (301-229-4385).

INDOOR TENNIS

Cabin John Regional Park Cabin John Indoor Tennis Ctr. 7801 Democracy Blvd. Bethesda 301-365-2440

Wheaton Regional Park Wheaton Indoor Tennis Ctr. Orebaugh & Arcola Ave. Wheaton 301-649-4049

Brookside Nature Center

Wheaton Regional Park

Spot time and seasonal play available; lessons for all ages on six courts. Call for party rates. Gift certificates available.

NATURE CENTERS

Black Hill Visitor Center Black Hill Regional Park 20926 Lake Ridge Dr. **Bovds**

1400 Glenallan Ave. Wheaton 301-972-3476 301-946-9071 **Locust Grove Nature Center Meadowside Nature Center** Rock Creek Regional Park 5100 Meadowside La.

Rockville

301-924-4141

Cabin John Regional Park 7777 Democracy Blvd. Bethesda 301-299-1990

Hikes, bird watching, van trips, hands-on exploration, storytelling and more are part of tradition at the nature centers. All ages, individuals or groups. Programs vary at each center; some are free. Reservations required.

GOLF

Little Bennett Golf Course 25900 Prescott Rd. Clarksburg 301-253-1515 or 800-366-2012

Needwood Golf Course 6724 Needwood Rd. Derwood 301-948-1075

White Oak Golf Course 10911 New Hampshire Ave. Silver Spring 301-593-6910

Golf year round at beautiful, affordable courses. Equipment rentals, snack bars (except White Oak), pro shops. Some

offer group/private lessons. Call for reservations.

Northwest Park Golf Course 15711 Layhill Rd.

Silver Spring 301-598-6100

Sligo Golf Course 9701 Sligo Creek Pkwy. Silver Spring 301-585-6006

CAMPING

Little Bennett Camping

23701 Frederick Road, Clarksburg

301-972-9222

Camp 7 days a week Apr through Oct. Sites have tent pad, picnic table, metal fire grill. Some have electricity for RVs. Comfort stations with showers are within walking distance. Many activities. Call for reservations.

BOATING

Black Hill Regional Park Little Seneca Lake 20930 Lake Ridge Dr. Boyds 301-972-9396

Rock Creek Regional Park Lake Needwood 15700 Needwood Lake Circle Rockville 301-762-1888

Rent a canoe or rowboat or launch your own small craft at Little Seneca Lake or Lake Needwood, which also has pedal boats. Pontoon boat tours conducted at both lakes. Mooring stakes available, and seasonal and daily permits for launching private boats may be purchased at both locations. Call for boating fees and schedules, which begin Memorial Day.

GARDENS

Brookside Gardens

Wheaton Regional Park-Visitor Center & Giftshop 1800 Glenallan Avenue Wheaton 301-962-1404

McCrillis House and Gardens

6910 Greentree Road

301-962-1404 Bethesda

Brookside Gardens contains botanical displays inside and out, and is spectacular year round. McCrillis Gardens is a shade garden and art gallery. Both have educational programs for all ages and serve as outstanding meeting places and sites for weddings, receptions, and all special events.

CONFERENCE CENTERS/MEETING PLACES

The rustic Lodge at Little Seneca Creek (Boyds) has oak floors, stone fireplace. Rockwood Manor (Potomac) is an elegant country home with overnight lodging available. Woodlawn Manor House (Sandy Spring) is an historic Georgian-style mansion. For corporate meetings, shows, exhibits, concerts, reunions, weddings and party reservations, call 301-299-5026.

TICKETS TO RIDE

Ride model trains in Cabin John or Wheaton Regional parks. Wheaton's antique carousel and the miniature trains will operate during Montgomery County School Spring Break, weather permitting. Call 301-469-7835 (Cabin John) or 301-946-6396 (Wheaton) for schedules and fees. The National Capital Trolley Museum, 1313 Bonifant Rd., Silver Spring, runs rides in Northwest Recreational Park. Call 301-384-6088 for information.

ICE SKATING

Cabin John Ice Rink 10610 Westlake Dr. Rockville 301-365-0585 (recording) 301-365-2246

Wheaton Ice Arena 117517 Orebaugh Ave. Wheaton 301-649-2250 (recording) 301-649-3640

Both indoor facilities have changing rooms, party/meeting rooms, bleachers, pro shops and snack bars. Wheaton Ice Arena has a regulation NHL ice surface. The Cabin John Ice Rink has studio, NHL and Olympic-size sheets. Wheaton inline rink is available for parties and leased time.

TEEN ACTIVITIES

For the latest information, schedules or brochures on any of the following activities please call the Youth Services Team at 240-777-6961 or check out our web page at montgomerycountymd.gov/rec.

Volunteer Opportunities for Teens

The Department of Recreation is always looking for teen volunteers to make a difference in our county. Volunteers receive training and Student Service Learning hours for their leadership in our activities.

COUNSELOR-IN-TRAINING

Youth Services: 240-777-6961

This program assigns responsible teens, based on their interest, availability and geographic location to summer recreation camps or summer fun centers where they will receive training and experience working with children while developing leadership abilities. A minimum two week commitment is required.

Opportunities for Middle & High School Teens

YOUTH ADVISORY COMMITTEE

YAC is a fifty-member committee appointed each summer by the County Executive. Their purpose is to take action on recommendations from peers to improve the quality of life for Montgomery County youth. From social issues to special events, they play an active role, participating and producing programs that have a positive impact on Montgomery County. Both middle school and high school students are represented on this committee.



Activities for Teens TEEN CLUBS

Organized trips and special outings are offered through Department of Recreation sponsored Teen Clubs at most public middle and high schools. Call your school for details.

COMMUNITY TEEN INITIATIVES

Various community groups in collaboration with the Department of Recreation plan teen programs and special events including dances, live bands and bowling. These are just a sample of the possible activities planned by and for teens in your community.

HALF DAY EVENTS

On Montgomery County's Public Schools early release days, exciting seasonal half day special events are planned for both middle and high school students. Activities include swimming, ice skating, bowling, pizza parties, movie nights, and dances.

UNDER 21 SPECIAL EVENTS

Exciting activities are being planned for the spring including the 14th annual Battle of the Bands! Seven of Montgomery County's best bands (high school aged) compete for great prizes. Other events include billiards nights and dances with DJ's, games, and door prizes. Snacks and refreshments are also available for purchase. School ID is required for admittance. Events are sponsored by the Montgomery County Youth Advisory Committee.

REC EXTRA

The Montgomery County Department of Recreation is excited about Rec Extra. This program is designed to enhance after school programs with recreational activities specifically planned for that school's student body. While every Montgomery County middle school may receive additional recreation programs during their current afterschool program time frame, selected schools have been identified as priority schools. These priority schools have an additional day of after-school programming. Interested in a specific program at your middle school? Contact your school-based After-School Activities Coordinator or call the Teen office.

AFTER HOURS

These popular Friday evening programs for middle school students, are located in select Community Recreation Centers in the County. Teens can socialize with friends, participate in sports, arts and crafts, as well as special events.

CLASSES

Spring Break Schools & Clinics

Cooking School for College Students

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Ages 15&Up: Great course for HS students going off to college, those already enrolled or young couples. Learn how to prepare meals with ease on a small budget with limited appliances. We will address how to grocery shop and save money, meal planning, appetizers, main courses, beverages and dessert selections in a hands-on environment where you eat what you fix. \$50 Materials Fee.

4 Four	hour sessions				\$180
98937	Ross Boddy CC	Davis	4/5	M-Th	1:00pm

Tennis Spring Break School

Ages 9&Up: Beginner and Advanced Beginner: Improve your game with the basics, as well as, serving, placement and controlled hitting. Beginner/Intermediate: Get your game going and move on to the next level. Build on previous training in ground and service strokes. Students should be knowledgeable in position and scoring and be able to volley and lob. Makeup for rain outs by extending subsequent classes by ½ to 1 hour. \$10 material fee due to instructor.

5 Two hour and thi	\$100			
103553 Quince Orcha	rd HS Wood	s 4/5	M-F	9:30am
103554 Quince Orcha	rd HS Wood	s 4/5	M-F	12:30pm

Tip for a Healthier Life:

Protect yourself from pollution. Avoid exercising near busy thoroughfares and exercise outside when the smog rating is low.

Club Holiday



CCS Team: 240-777-6870

Ages 3-12: Your Cruise Director will provide time to enjoy age appropriate sports, games, arts and crafts and more plus time to chat and visit with your friends. The Cruise will feature organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session!

5 Three hour sessions	•			\$95
103545 Potomac CC	CTI	4/5	M-F	9:30am
103546 Germantown CC	CTI	4/5	M-F	9:30am
5 Six hour sessions				\$155
103547 Germantown CC	CTI	4/5	M-F	9:30am
103548 Potomac CC	CTI	4/5	M-F	9:30am

Club Holiday Extended Day

Children registered for Club Holiday are eligible to register for an extended day program for an additional fee. The program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

5 Two hour sessions		•		\$23
103549 Potomac CC	CTI	4/5	M-F	7:30am
103551 Germantown CC	CTI	4/5	M-F	7:30am
5 Two hour and thirty			\$28	
103550 Potomac CC	CTI	4/5	M-F	3:30pm
103552 Germantown CC	CTI	4/5	M-F	3:30pm

Art & Crafts for Youth

Please register at least one week before class start. All classes are taught by professional experienced instructors with small class size. Teens may also register for adult classes if within the specified age range.

Drawing Basics



Ages 8-14: Improve your drawing skills, learn to see, observe and express the language of line, shadows, tone, volume, scale, plane, shapes, composition, structure, movement, perspective and texture. Students often repeat this course to refine their control of the medium.

8 One hour and thirt	\$80			
101823 Potomac CC	Vafai	4/21	W	4:00pm
101824 Potomac CC	Vafai	4/21	W	6:00pm

Creative Crusaders



Ages 7-12: Discover the mechanics of drawing as activities guide your artistic journey. Bring assorted large set and thin set of washable markers and 11 inches x 14 inches tablet of bond paper. \$6 material fee due to instructor at the first class.

8 One hour sessions		\		\$70
102124 Bauer Drive CC	Deskin	4/21	W	4:00pm
102125 Germantown CC	Deskin	4/22	Th	4:00pm
102126 East County CC	Deskin	4/17	Sa	10:30am

Color Techniques



Ages 8-14: Explore new color techniques with pastels or colored pencils. Work on your choice of topics. Learn to shade, mix colors, color value and composition. \$3 material fee due to instructor, additional supply list provided at first class.

6 One	\$64				
102626	Leland CC	Asher	4/19	M	4:00pm
102629	Coffield CC	Asher	4/15	Th	5:00pm
102630	Wheaton CC	Asher	4/17	Sa	12:00pm

Acrylic Painting Fun for Kids

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Ages 9-14: Explore new techniques of acrylic painting working on your choice of subjects. Open to all levels. \$5 material fee due instructor on first class. Additional supply list provided on first day.

6 One hour and thirty minute sessions						
102623	Wheaton CC	Asher	5/4	Tu	4:00pm	
102624	Wheaton CC	Asher	4/28	W	4:00pm	
102625	Wheaton CC	Asher	5/1	Sa	2:00pm	

Tip for a Healthier Life:

Spend at least 30 minutes each day doing something you like to do.

Handbuilt Pottery for Children

CCS Team: 240-777-6870

Ages 8&Up: Use slab, pinch, and free form methods to create four different projects. \$30 material fee due to instructor.

Additional material fees charged for additional clay.

5 One hour sessions

102263 Bauer Drive CC Dion 4/22 Th 4:00pm

102264 Bauer Drive CC Dion 4/24 Sa

Family Pottery Night

Ages 7&Up: Discover different ways of building clay by hand. Learn creative approaches to the wheel. Adult must register and participate each class with children ages 7-15. \$30 material fee per person, extra fees charged for additional clay.

5 One hour sessions \$48 102265 Bauer Drive CC Dion 4/22 Th 6:00pm

Family Handbuilt Pottery Methods

Ages 6&Up: Discover different methods of building clay by hand: coil, pinch, and slab. Decorate with colorful underglazes. Adult participation is NOT required. Materials are strictly non-toxic and lead free for safety. \$25 material fee per person due to instructor at first class.

5 One hour and thirty minute sessions \$48 104345 Germantown CC Kim 4/19 M 6:30pm



Chinese Brush Painting

Ages 6&Up: Step by step instructions of the four gentlemen; bamboo, plum, orchid and chrysanthemum. Adult participation not required. \$30 material fee due instructor includes bamboo brushes, black ink, and rice paper. Bring 12-color watercolor set.

 6 Two hour sessions
 \$72

 102622 Germantown CC
 Morris
 4/22
 Th
 6:30pm

Art & Crafts for Adults

Please register at least one week before class start. All classes are taught by professional experienced instructors with small class size. Teens may register for adult classes if within the specified age range.

Photography

Basic Photography

Ages 13&Up: A course designed to establish basic photographic skills. Covers functions and operations of adjustable cameras, lenses, film and other equipment. Emphasis is on learning basic photographic composition and using these skills in creative work. Both film and digital cameras are

discussed. Portrait lighting and use of flash is covered. Class includes assignments and field trip on the Saturday following the third class. Pictures taken will be shown and discussed in class.

6 Three hour sessions102120 Bauer Drive CC DeBuchananne 4/26 M 7:00pm

Crafts

11:30am

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Bead Stringing & Knotting

Ages 11&Up: Beginner: Learn to create and restore your necklaces and earrings in a professional manner. Knot and restore with proper use and handling of tools and supplies. \$10 material fee due to instructor.

1 One hour and thirty minute session						
101825	Bauer Drive CC	Starr	4/13	Tu	7:00pm	
101826	Wheaton CC	Starr	4/28	W	7:00pm	
101827	Potomac CC	Starr	5/12	W	7:00pm	
101830	East County CC	Starr	5/22	Sa	10:00am	

Ages 11&Up: Intermediate: Must know how to knot. Bring all materials used in beginner class.\$10 material fee due to instructor.

1 One hour and thirty minute session				\$20	
101829	Bauer Drive CC	Starr	6/8	Tu	7:00pm
101828	Potomac CC	Starr	5/5	W	7:00pm

Ages 11&Up: Advanced: Explore design and wire wrapping. Bring in your problem jewelry designs/repairs/assembly. Bring roundnose pliers. \$10 material fee due to instructor.

1 One hour and thirty minute session101831 Bauer Drive CC Starr 6/10 Th 7:00pm

Aromatherapy: Bath and Beyond

Ages 13&Up: Come learn to make your own bath and beauty products at a fraction of the cost. Discover how aromatherapy works to elevate our moods, lift our spirits and make us healthier. Prepare bath salts, toner, shampoo, moisturizer, foot scrub and more. Booklet included with recipes and sources.\$22 material fee due instructor.

1 Two hour session101832 Bauer Drive CC Weeks 5/12 W 7:00pm

Growing, Drying and Using Herbs

Ages 13&Up: Master Herbalist, Donna Weeks, shares her knowledge and tips on growing and using herbs. If you can grow weeds, you can grow herbs! Learn which herbs like shade or sun, type of soil, organic growing tips and more. Also learn how to use herbs for cooking, cosmetics and medicines. Booklet included. \$8 material fee due to instructor.

1 Two hour session
102063 Bauer Drive CC Weeks 4/28 W 7:00pm

Mosaics Made Easy

Ages 13&Up: Mosaics are really a hot craft today and so simple to do. Learn the basics of working with mosaics as we make this iris wall hanging. Use tile, glass and grout to create our project. If you can glue it, you can do it. \$10 material fee due instructor.

1 Three hour session102064 Bauer Drive CC Weeks 5/5 W 6:30pm

Floral Design

Ages 18&Up: Discover how to design various arrangements. \$13 material fee due to instructor at EACH class to cover the costs of the flowers.

6 Two hour sessions	• /		\$60
102676 Leland CC	Jeremiah	4/20 / Tu/	7:00pm

Leaded Stained Glass



Ages 18&Up: Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 materials fee payable to instructor covers consumables, personal equipment, and use of tools. Bring a bag lunch for Saturday class.

2 Six hour and thirty minute sessions					\$80
102165	Ross Boddy CC	Asbeck	5/15	Sa	9:30am
5 Two hour and thirty minute sessions					\$80
102164	Potomac CC	Asbeck	4/22	Th	7:00pm

Copper Foil

Ages 18&Up: Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor covers supplies unique to copper foil, glass for the first two projects and use of tools. Bring bag lunch.

2 Six hour and thirty minute sessions					\$80
102167	Ross Boddy CC	Asbeck	6/5	Sa	9:30am

Handcrafted Pottery



Ages 16&Up: All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and to potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$28 material fee includes 25 pounds of clay and firing, fee due instructor.

10 Two hour and thirty i	\$130			
101816 Wheaton CC	Reid	4/14	W	10:00am
101817 East County CC	Reid	4/14	W	6:30pm
10 Two hour sessions	\$110			
101818 Leland CC	Phillips	4/15	Th	7:00pm



Handcrafted Pottery 2



Ages 16&Up: Advanced/Intermediate: Previous experience with clay, wheelworking or handbuilding required. Work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. \$28 material fee includes firing fees due instructor first day. Bring clay tools and old towel.

8 Two hour sessions				\$95
101822 Wheaton CC	Reid	4/19	Μ	7:00pm

Pottery-Open Studio



CCS Team: 240-777-6870

Ages 16&Up: For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend any four hours during your open studio time.

10 Four hour sessions				\$160
101819 Ross Boddy CC	Reid	4/13	Tu/Th	10:00am
10 Three hour sessions				\$160
101820 Ross Boddy CC	Reid	4/13	Tu	6:30pm

Fine Arts

Calligraphy



Ages 16&Up: Beginners: A gentle introduction to the art of beautiful writing. Learn six basic calligraphic scripts, including Italic, Romans, Foundational and Bookhand. Individual guidance and critiques. \$5 handout fee due to instructor and materials list at first class. Optional: Bring Quotes, journal entries, prose, poetry and ideas for projects.

8 Two hour sessions				\$100
104099 Longwood CC	Jansen	4/28	W	7:00pm

Acrylic Painting Techniques



Ages 15&Up: All ability levels: Learn to use acrylics to resemble the look of oil paintings. \$8 material fee due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list. Please bring several pictures of what you would like to paint.

8 Two	hour sessions				\$100
102127	Leland CC	Deskin	4/19	M	7:00pm
102128	Bauer Drive CC	Deskin	4/21	W	7:00pm
102129	Germantown CC	Deskin	4/16	F	10:00am

Drawing Techniques



Ages 16&Up: Beginners: Discover the basic concepts and fundamentals of drawing. Focus on composition, perspective, and human figure, practical exercises with individual instruction and guidance. Instructor will call you with material list.

6 Two hour sessions				\$80
102119 Longwood CC	Bulekova	4/20	Tu	7:00pm

Oil Painting



Ages 13&Up: Discover techniques in painting with oil as well as landscapes: composition, perspective, color theory, light, shadow and more. \$45 material fee due to instructor. Bring paper towels.

8 Two hour sessions				\$100
102726 Potomac CC	Phillips	4/24	Sa	6:00pm

Van Gogh's Wet-on-Wet Oil Painting



Ages 13&Up: Discover how to paint like Van Gogh! Start with a short review of life and art of Van Gogh, then guidance with composition, use of color, tonality, shape, line. Bring photograph or picture to work from. \$45 material fee due instructor covers all art materials.

1 Four hour session				\$50
102727 Potomac CC	Phillips	5/1	Sa	12:00pm
102728 Potomac CC	Phillips	5/15	Sa	12:00pm

Beginning Painting with Penny Kritt



Ages 18&Up: Use watercolors or acrylic paints. Learn about materials, basic brush strokes and how to lay out a painting. We'll paint a still life or flowers. \$5 fee due instructor, call instructor at 301-989-1799 for supply list.

8 Two hour sessions				\$125
102595 Kritt Studio	Kritt	4/19	M	10:00am
102596 Kritt Studio	Kritt	4/20	Tu	7:00pm

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Kritt's Keys to Color!

CCS Team: 240-777-6870

Ages 18&Up: For every artist who works with color. Find out how to make specific colors and how to combine colors in a composition. Red, yellow and blue are the keys to everything! \$10 fee due instructor covers handout and instructor's materials. Call instructor at 301-989-1799 for supply list.

 8 Two hour sessions
 \$125

 102606 Bauer Drive CC
 Kritt
 4/23
 F
 10:00am

Learn to Draw with Kritt

Learn the basics about lines and shading. See why a sketchbook is a great tool to create larger compositions. Call 301-989-1799 for materials list.

8 Two hour sessions				\$125
103845 Kritt Studio	Kritt	4/19	M	7:00pm
103846 Kritt Studio	Kritt	4/21	W	10:00am

Creating a Still Life with Kritt

Combine objects and textures to create lovely still life paintings. We'll work in either watercolors or acrylics. Handout fee \$5. Call 301-989-1799 for supplies list.

8 Two hour sessions103847 Kritt Studio Kritt 4/20 Tu 10:00am

Cooking for Everyone

Family Chefs

Ages 4-15: 'One Bite Won't Hurt You!' Cooking facts and fun based on successful Tiny Hands Chefs classes. Tired of fast foods? Simple ingredients are combined to create mouth watering dishes everyone will love! Create, consume and, of course, clean up in this class that makes food preparation a 'family affair.' Parent participation required. \$32 family cooking fee (covers parent and child's materials) due to instructor. Price is per child, no charge for parent participation.

7 One hour sessions \$**60**103645 Longwood CC Dion 4/20 Tu 4:00pm

Basic Cooking Skills

Ages 15&Up: A full participation class where you learn to cook by doing. Learn basic knife skills, how to read and follow a recipe and how to buy good kitchen equipment including pots, pans and knives. Cooking basics will be covered including how to saute, sweat, roast and blanch. You will prepare and eat a full menu dinner. Take home recipes. \$12 food fee due to the instructor at the beginning of class.

1 Three hour session \$45 103797 Ross Boddy CC Davis 4/17 Sa 11:00am

Be Your Own Personal Chef

Ages 15&Up: Learn the secrets of 'fix ahead food'. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. A \$12 food fee is due to the instructor at the beginning of class. A full participation class, bring your appetite, as each class eats what they fix!

1 Four hour session103798 Ross Boddy CC
Davis
4/24 Sa
10:30am

Tip for a Healthier Life:

When eating out, choose restaurants that offer some healthy selections. Restaurant portions are large—save some for your lunch the next day.

Appetizers and Hors d'hourves

Ages 15&Up: A hands on class that will include hot and cold easy hors d'oeuvres, canapes, and appetizers. How to plan for and garnish attractive presentations, dress the table and present party style. A variety will be prepared. Bring an appetite because we eat what we fix. A \$12 food fee is due to the instructor.

1 Two hour and thirty minute session103800 Ross Boddy CC Davis 4/20 Tu 7:00pm

Cooking with Fresh Herbs

Ages 18&Up: Experiment with various herbs and expand your cooking horizons in this class. Find the definitive ingredient to make your favorite dishes your 'own.' Taste herbs and learn their distinctions. Recipes with nutritional analysis and reference sources on growing herbs included. A \$5 food fee is due to the instructor at class.

1 Two hour session \$45 103895 Bauer Drive CC Weeks 4/14 W 7:00pm

Desserts Only

Ages 15&Up: A whole evening of desserts-We'll do an American Pie Crust for a fruit pie and a cream pie; lemon bars, brownies from scratch, caramel sauce and decorating ideas. Bring an appetite because we eat what we fix! \$12 food fee due to the instructor.

1 Two hour and thirty minute session103801 Ross Boddy CC Davis 4/27 Tu 7:00pm

Grilling and Smoking

Ages 15&Up: We've expanded this popular class to include grilling and smoking all the favorites including ribs using both charcoal and gas grills. Special grilled fruit dessert. Take home recipes. \$12 food fee due to instructor. Learn how to grill before the memorial holiday and enjoy being a wonderful host.

1 Three hour session103802 Ross Boddy CC Davis 5/1 Sa 11:00am

Southern Barbeque

Ages 15&Up: Memphis Style, Tennessee, Eastern North Carolina, Western North Carolina, Florida and Texas. Every area of the South has their own real "true" barbecue. We'll investigate several methods of grilling, smoking and baking. We'll try different sauces, dry rubs and techniques-all in an attempt to duplicate styles. Bring an appetite because we eat what we fix. Take home recipes. \$12 food fee.

1 Two hour and thirty minute session103803 Ross Boddy CC Davis 5/4 Tu 7:00pm

Dance for Pre-school & Youth

All advertised program lengths include set-up and take down time. Actual instruction time may be less.

Parents are not permitted to stay in the room, as spectators and interruptions are a distraction for the students.

PreBallet by Jazzmatazz

Ages 5-6: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. The dress requirement (leotard, tights, and ballet slippers) will be discussed at the first class. Questions: e-mail Betsy Saunders at bmsjazzmatazz@aol.com

10 Forty-five minute sessions				\$60	
102584	Fairland CC	Saunders/Haskell	3/27	Sa	11:15am
102585	Long Branch CC	Saunders	3/27	Sa	11:15am

Ballet



Ages 5-7: Introducion to the basic movements of ballet and its terminology.

10 Forty- five minute sessions				\$60	
102408	Potomac CC	Oleson	4/20	Tu	4:30pm
102410	Fairland CC	Oleson	4/22	Th	4:30pm
102409	Leland CC	Aresta	4/24	Sa	11:00am



Kinderdance



Ages 3-5: Introduction to dance and group activity for preschool and kindergarten children emphasizing rhythm, coordination and dance.

10 Forty-five minute sessions				\$60	
102402	Upper County CC	Schattenberg	4/19	M	1:00pm
102403	Potomac CC	Oleson	4/20	Tu	3:30pm
102405	Leland CC	Aresta	4/21	W	3:30pm
102407	Fairland CC	Oleson	4/22	Th	3:30pm
102404	Longwood CC	Schattenberg	4/22	Th	1:00pm
102411	Leland CC	Oleson	4/24	Sa	10:00am

Preschool Dance by Jazzmatazz



Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be potty trained. Dress requirements (leotard, tights and ballet slippers) will be discussed at the first class. Ouestions: e-mail Betsy Saunders at bmsiazzmatazz@aol.com

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10 Forty-five minute sessions					\$60
102581	Long Branch CC	Saunders	3/27	Sa	9:15am
102582	Long Branch CC	Saunders	3/27	Sa	10:15am
102583	Fairland CC	Saunders/Haskell	3/27	Sa	10:15am

Tap, Ballet & Jazz



Beginner: A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations, and creativity. Questions: Call Rowena DeLuca at 301-593-0618 or Sandra Aresta at 301-654-9680.

10 Forty five minute sessions	\$60
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Ages	4-	6)
10011	_		1

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102416	Upper County CC	DeLuca	4/20	Tu	10:00am
102421	Leland CC	Aresta	4/21	W	4:30pm
102413	N Four Corners PC	DeLuca	4/24	Sa	9:00am
102414	N Four Corners PC	DeLuca	4/24	Sa	10:00am
102420	Longwood CC	DeLuca	4/22	Th	4:00pm

Ages 7-13

102428	Longwood CC	DeLuca	4/22	Th	5:00pm
102415	N Four Corners PC	DeLuca	4/24	Sa	11:00am

Intermediate: A continuing class for those who have taken the beginning level. Ages 5-14

10 Forty-five minute sessions				\$60
102430 N Four Corners PC	DeLuca	4/24	Sa	12:00pm

Tap, Ballet & Jazz w/Parents



Ages 4-adult: Beginner:The parent and child receive instruction together. The fee is \$120 for the parent and child.

CCS Team: 240-777-6870

10 Forty-five minute sessions					\$60
102427	N Four Corners PC	DeLuca	4/24	Sa	1:00pm

Dance for Teens & Adults

There are only two types of people in the world; those who dance and those who wish they could. Now is the time to get involved in a fun exercise activity that you can do for the rest of your life. Dance is the most thrilling contact sport there is. Round up a group of your friends and start having a thrilling experience. Your friends will be grateful you introduced them to the world of dance.

Advertised program lengths include set-up and takedown time. Actual instruction time is fifty minutes. Please note that classes cancelled due to inclement weather or facility availability will be made up if possible, by adding dates to the end of the session or extending remaining class time.

Performing Dance

Ouestions: call Rowena DeLuca at 301-593-0618.

Jazz Dance for Adults



Beginner: An introduction to jazz dance and its terminology. **10 Forty-five minute sessions**\$60

102432 Longwood CC DeLuca 4/22 Th 6:00pm

Tap Dance for Adults



Beginner: An introduction to the basics of tap and its terminology.

10 For	\$60				
102422	Capital View-H	Iomewood PC DeLuca	4/21	W	6:00pm
102423	Fairland CC	DeLuca	4/23	F	10:00am

Intermediate: A continuation for anyone who has had the beginner class.

10 For	\$60				
102424	Capital View-H	Homewood PC DeLuca	4/21	W	7:00pm
102425	Fairland CC	DeLuca	4/23	F	11:00am

Advanced:

10 Forty-five minute sessions \$**60** 102426 Capital View-Homewood PC DeLuca 4/21 W 8:00pm

Ballroom Dance

Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com; Joe Kim at 301-774-3126; Rebecca McKinney at 202-429-8064; Paul Mola at 301-315-6226 or email paulmola@aol.com; Tony Seleme at 202-210-0022; Tom Woll at 703-591-3839.

Ballroom Dance For Couples



Beginner: Covers standard ballroom dance favorites.

10 On	e hour sessions			\$ 1	120 couple
102586	Bauer Drive CC	Seleme	4/19	M	7:00pm
102587	Bethesda ES	McKinney	4/19	M	7:00pm
102592	Bells Mill ES	Dahlberg	4/21	W	7:00pm
102591	Germantown ES	Dahlberg	4/22	Th	8:00pm
102589	Glenmont PC	Woll/Basso	4/22	Th	7:00pm
102594	Hollywood Ballroom	Seleme	4/22	Th	7:00pm
102593	Leland CC	Mola	4/22	Th	7:30pm

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Intermediate: Prerequisite: Beginner ballroom course. 10 One hour sessions \$120 course.	
10 One hour sessions \$120 coup	
102597 Bauer Drive CC Seleme 4/19 M 8:00	om
102598 Bethesda ES McKinney 4/19 M 8:00	om
102599 Sequoyah ES Mola 4/20 Tu 7:30	om
102600 Germantown ES Dahlberg 4/22 Th 9:00	om
102601 Glenmont PC Woll/Basso 4/22 Th 8:00	om
102603 Hollywood Ballroom Seleme 4/22 Th 8:00	om
102605 Sherwood ES Kim 4/23 F 8:30	om
Intermediate 2: Prerequisite: Beginner and intermediate ballroom course.	
10 One hour sessions \$120 coup	ole
102628 Leland CC Mola 4/22 Th 8:30	om
Advanced: 10 One hour sessions \$120 coup 102612 Glenmont PC Woll/Basso 4/22 Th 9:00	
Ballroom Dance for Singles & Couples **	*
Beginner: Students change partners frequently.	
10 One hour sessions \$60 sing	gle
102613 N Four Corners PC Woll/Greenblat 4/19 M 7:30	om
Ballroom Lessons & Practice 4	*
Intermediate/Advanced:	
10 One hour sessions \$120 coup	ole
102611 Coffield CC Woll/Basso 4/20 Tu 8:00	
Ballroom Lessons, Practice & Parties **	*

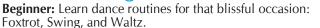
practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due instructor. **10 Three hour sessions** \$175 couple 102631 Holiday Park SRC Seleme 4/23 F 7:00pm

Beginner/low Intermediate: Learn ballroom variations the

first hour and then add to your enjoyment with a Two hour

Ballroom Wedding Dances

CCS Team: 240-777-6870



10 One hour sessions\$120 couple102615 Bethesda ESMcKinney4/20Tu8:00pm

Latin Dance

Latin Survival

Beginner: Fun and interesting Latin rhythms: Cha Cha, Merengue, Rhumba and Tango. Create a foundation for all Latin dancing. Students change partners frequently. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

10 One hour sessions\$60 single102608 Bells Mill ESDahlberg4/21W8:00pm102609 Germantown ESDahlberg4/22Th7:00pm

Advanced: By invitation only. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

10 One hour sessions\$60 single102610 Bells Mill ESDahlberg4/21W9:00pm

Salsa for Couples

Beginner: This is a hot dance that is on the rise worldwide.10 One hour sessions\$120 couple102616Bethesda ESMcKinney4/20Tu7:00pm102637Hollywood BallroomSeleme4/22Th9:00pm

Salsa for Singles

Beginner: Students change partners frequently.

10 One hour sessions \$60 single 102614 N Four Corners PC Woll/Greenblat 4/19 M 8:30pm

Samba	and	Merengue	for	coup	es
				0000	



10 One hour sessions\$120couple102655 Sequoyah ESMola4/20Tu8:30pm

Salsa & Merengue for Singles

Beginner: These dances are on the rise worldwide. Includes partner dance, free style dance.

 10 One hour sessions
 \$60 single

 102638 Barnsley ES
 Kim
 4/21
 W
 7:30pm

Intermedite/Advanced: Students change partners frequently. **10 One hour sessions**\$60 single

102639 Barnsley, ES

Kim

4/21 W

8:30pm

Tango

Beginner/Intermediate: American Tango. **10 One hour sessions**102617 Bethesda ES

McKinney

4/19

M

9:00pm

Swing West Coast

Beginner:

10 One hour sessions\$120 couple102627 Bethesda ESMcKinney4/20Tu9:00pm

Country Western Dance Country Introduction for Singles & Couples

Introduction to Country couples dancing. Two weeks of Two Step, two weeks of Waltz, two weeks of East Coast Swing, two weeks of review. Students change partners frequently.

10 One hour sessions102394 Fairland CC
Takacs
4/19
M
8:00pm

Country Western Line

Beginner/Intermediate: Learn the latest and the greatest line dances: The Freeze, Foot Boogie, Bartenders Stomp, Slappin' Leather, Tush Push, Copperhead, Matador, Metamorphowized, Swamp Thing, Midnite Waltz, Pina Co Cha Cha, Just for Grins, Uno Does Tres, Razor Sharp, Zydeco Lady and others.

10 One hour sessions\$60 single102393 Fairland CCTakacs4/19M7:00pm

Folk Dance Bhangra

Dilangra

Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties. Questions: Call Kumud Mathur at 301-365-5231.

10 One hour sessions
102366 Potomac CC Mathur 4/20 Tu 8:00pm
Contra

Contra

Beginner/Intermediate: Contra dance is country dancing performed in long lines facing a partner. Questions: Call Betsy Taylor at 301-589-4868.

 10 One hour sessions
 \$45 single

 102392 Argyle PC
 Taylor
 4/21
 W
 7:30pm

International

Beginner/Advanced: The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email diamonddancecircle@comcast.net

10 Two hour and thirty minute sessions\$50 single102215Leland CCDiamond4/19M7:30pm

Middle Eastern (Belly Dancing)



Beginner/Intermediate: Using dance steps and movements passed down through the ages tone muscles with this unique method of figure control. Leotard and tights recommended. Questions: Call Anna Pappas at 301-814-0435.

10 One	e hour sessions				\$60 single
102398	Wheaton CC	Moadama	4/21	W	8:00pm
102399	Potomac CC	Pappas	4/19	M	7:30pm
102400	Germantown ES	Pappas	4/21	W	7:30pm



Senior Dance

Performing Group Variety



Advanced Variety: Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.

10 One	e hour sessions				\$30 single
102213	Holiday Park SrC	Berk	4/20	Tu	10:00am

Performing Group Show



Ouestions: Call Frank Robson at 301-572-4975.

10 On	e hour sessions				\$30 single
102397	Holiday Park SrC	Robson	4/22	Th	2:30pm



Beginner: Popular dances such as the Pasodoble, Cha-Cha, Rumba, Merengue, Cumbia, Porro, Paseo, Samba and more. Changing partners is a requirement. Questions: Call Gracie Bryan at 301-949-5847.

10 One	e hour sessions				\$30 single
102214	Holiday Park SrC	Bryan	4/22	Th	2:30pm

Square Dance

Beginner: Questions: Call Betsy Taylor at 301-589-4868. 10 One hour sessions \$30 single 102391 Schweinhaut SrC 4/22 Th **Taylor** 10:10am

Square Dance Mainstream 1



For those who have completed the intermediate course and wish to learn the first half of the Mainstream Program of Modern Western Square Dancing. Questions: Call Betsy Taylor at 301-589-4868.

10 One hour and thirty minute sessions					\$45 single
102389	Long Branch CC	Taylor	4/20	Tu	8:00pm

SquareDance Plus 3



For those who have completed Plus 2. Questions: Call Betsy Taylor at 301-589-4868.

,	e hour sessions				\$30 single
102390	Schweinhaut SrC	Taylor	4/22	Th	11:10am

Fitness for Youth

Baton Beginner



Ages 5-12: Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 301-865-5553.

CCS Team: 240-777-6870

10 For	ty-five minute sessi	ons			\$55
102016	Matsunaga ES	Duda	4/19	M	6:15pm
102017	Fairland CC	Duda	4/20	Tu	6:15pm
102117	Wheaton CC	Duda	4/21	W	6:15pm
102018	Resnik, Judith A. ES	Duda	4/19	M	6:15pm
102019	Cashell ES	Duda	4/20	Tu	6:15pm
102020	Woodfield ES	Duda	4/21	W	6:00pm
102021	Damascus ES	Duda	4/22	Th	6:00pm
102022	Bauer Drive CC	Duda	4/24	Sa	9:00am
102023	Ride, Dr. Sally K. ES	Duda	4/20	Tu	6:15pm
102024	Clarksburg ES	Duda	4/20	Tu	6:15pm
102025	Matsunaga ES	Duda	4/21	W	3:45pm
102118	Wheaton CC	Duda	4/24	Sa	10:30am
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NEW Junior Fitness



Ages 8-13: A professionally run youth training program designed to help the preadolescent become more physically fit, promote an active and healthy lifestyle, as well as prepare them for future athletic events. The workouts are fun, challenging, and a very positive experience. Activities include calisthenics, agility drills, stretching and general conditioning exercises. Most importantly, Junior Fitness teaches kids that FITNESS is FUN!

	JO 13 1 C 1 11				
6 One	hour sessions				\$120
102113	Bauer Dr CC	EATS	4/19	M, W	4:00pm
102114	Potomac CC	EATS	4/19	M, W	4:00pm
102115	Leland CC	EATS	4/27	Tu,Th	4:00pm
102116	Fairland CC	EATS	4/20	Tu,Th	4:00pm

Junior Jazzercise



Ages 5-11: Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions: Call Jennifer Sambataro at 301-916-3533. Space is limited, register early.

8 Forty	-five minute	sessions			\$65
102039	Poolesville ES	Sambataro	4/23	F	3:20pm

Little Feet Aerobics



Ages 5-11: A popular aerobic dance program since 1981. A fun, noncompetitive activity where children learn choreographed dances to popular music. Children gain confidence while developing a commitment to fitness and health. Participants should wear athletic shoes, shorts, and T-shirts. *Potomac ES class will meet at an earlier timeframe on half days. Questions: E-mail Nancy Merrill at nmerrill@erols.com 8 Forty-five minute sessions

Grades K-2: 102032 Rosemary Hills ES	Little Feet, LTD	4/23	F	3:45pm
Grades 1-5:				
102029 Potomac ES*	Little Feet, LTD	4/20	Tu	3:45pm
102033 Wayside ES	Little Feet, LTD	4/21	W	3:45pm
102035 Luxmanor ES	Little Feet, LTD	4/22	Th	3:20pm
102037 Beverly Farms ES	Little Feet, LTD	4/22	Th	3:15pm
102038 Waters Landing ES	Little Feet, LTD	4/20	Tu	3:45pm

Grades 1-5 and an Adult:				
102034 Germantown ES	Little Feet, LTD	4/22	Th	6:15pm

Fitness for Adults & Teens

CCS Team: 240-777-6870

Advertised class lengths include set up and take down time. Actual instruction time may be less. Classes which are cancelled due to inclement weather or other problems will be made up, if possible, by adding extra dates to the end of the session, adding extra time to sessions or attending alternate locations of the same program.

A.C.T. The Workout

Ages 16&Up: A vigorous easy to follow 60-minute coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Register any time during session. One of 4 punch cards (depending on the number of sessions the client desires) is purchased and provided to the client at the first class. It can be used at any ACT location listed below during the following 3 months.

Class Locations	Instructor	Days	Times
Wheaton CC	Diggs	M,W	6:00pm
Wheaton CC	Castellucci	T,Th	6:00pm
Bauer Dr. CC	Castellucci	M,W	5:00pm
Bauer Dr. CC	Horowitz	M,W	6:00pm
East County CC	Korba	T,Th	7:00pm
Potomac CC	Ingrim/Andrews	T,Th	7:00pm
Wheaton CC	Castellucci	Sat	9:00am
Potomac CC	Ingrim/Andrews	Sat	9:00am
Wayside ES	Doong	Sun	9:30am

102313	36 session pass (recommended 3 days/week)	\$136.60
102314	24 session pass (recommended 2 days/week)	\$94.80
102315	18 session pass (1-2 days/week)	\$73.80
102316	12 session pass (1 day/week)	\$52.80

Aerobic Kickboxing by TKA

Ages 16&Up: A supercharged coed fitness program offering a cardiovascular and muscular strength workout. Get fit and have fun doing it! No equipment required. A non-contact fitness oriented class with black belt instructors.

8 One hour sessions				\$40
104095 Germantown CC	TKA staff	3/29	M	6:00pm
10 One hour sessions				\$50
104096 Germantown CC	TKA staff	3/31	W	6:00pm
104097 Bauer Drive CC	TKA staff	3/30	Tu	6:00pm
104098 Potomac CC	TKA staff	3/31	W	6:00pm

Ballet Exercise

Ages 16&Up: Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing, soft ballet shoes or bare feet and tennis shoes. Bring light hand weights and mat. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience

11 One hour sessions					\$55
	Luxmanor ES	Kish	3/30	Tu	7:15pm

Bio Aerobics Cardio Fit High/Low

Cardio Fit (High/Low) Ages 16&Up (13-16 if accompanied by a parent): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA and CPR certified instructors.

8 One hour sessions				\$30
102439 Germantown CC	Bio Aerobics	4/15	Th	7:00pm

Bio Cardio Fit Half Hour Workout

Ages 16&Up (13-16 if accompanied by a parent): Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the *Tone & Firm* class.

16 Thirty minute sessions \$30 103200 Briggs Chaney MS 4/13 Tu, Th **Bio Aerobics** 7:30pm

Bio Aerobics Tone & Firm

Ages 16&Up (13-16 if accompanied by a parent): Increase flexibility; improve total body appearance; strengthen and tone abdominal, thighs and buttocks. It's perfect for those wanting a primary mat/floor exercise or a complement to your regular aerobics program. Resistance devices are optional.

16 One hour sessions 102527 Briggs Chanev MS **Bio Aerobics** 4/13 Tu, Th 8:00pm

Boxing Workout

Beginners Ages 16&Up: Designed to teach student's eye, hand and foot coordination while incorporating a boxer's exercise workout. No physical contact. Develop discipline, gain confidence while incorporating team sportsmanship.

8 One hour and fifteen minute sessions \$60 103472 Fairland CC 10:00am

Advanced Ages 16&Up: Prerequisite; the beginner level with Johnson.

8 One hour and fifteen minute sessions \$60 103473 Fairland CC Iohnson 3/27 Sa 11:15am

Dancin' Fitness

Ages 16&Up: A full body aerobic workout for anyone who loves to dance. Routines choreographed to a variety of upbeat music: oldies, show tunes, country and jazz. Warm-up, stretching, abdominals, upper body toning with optional weights and cool-down. Instructors are trained and CPR certified.

20 One	e hour sessions				\$75
103491	River Falls CC	Sobeck	3/24	W, M	9:00am
103492	Bannockburn ES	Hutchinson	3/24	W, M	6:00pm
103493	Tilden MS	Azuree	3/24	W, M	7:00pm
103494	Glenallan ES	Waldstreicher	3/24	W, M	7:30pm
103495	Leland CC	Polak	3/25	Th, Tu	9:15am
103496	Veirs Mill PC	Antos	3/25	Th, Tu	9:30am
103497	Bauer Drive CC	Riley	3/25	Th, Tu	4:15pm
103498	Potomac CC	Donnelly	3/25	Th, Tu	6:00pm
103499	Kemp Mill ES	Watkins	3/25	Th, Tu	6:00pm
103500	Cashell ES	Riggleman	3/25	Th, Tu	7:15pm
103501	Rock View ES	Wiemers	3/25	Th, Tu	7:30pm

Add a Class: Must be registered in twice a week class to sign up. 10 One hour sessions \$37.50 103503 Veirs Mill PC Wiemers 3/27 9:00am Sa

Dare To Dance

Ages 12&Up: Choreographed fitness program designed for those who like to DANCE. An effective cardiovascular workout through safe, easy and fun routines. Alternative low-impact steps and moves incorporated to allow students to choose their level. Stretching/toning segments begin and end each class. IDEA member Instructor is CPR certified. Bring a mat.

18 One hour sessions \$78 103202 Quince Orchard PC Tanco 4/14 W, M 6:45pm

Definitions

Strength Training Ages 16&Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights.

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Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates.

20 One hour sessions				\$89
103469 Clara Barton CC	Rodman	3/30	Tu, Th	9:15am
103470 Clara Barton CC	Rodman	3/30	Tu, Th	7:00pm

Definitions Low Impact Aerobics

Ages 16&Up: Get your heart rate up and the best of low impact aerobics! Join Judy Brook's choreography based, fun and creative One hour class. Teaching level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time.

20 One	e hour sessions				\$89
103471	Clara Barton CC	Rodman	3/29	M, F	9:15am

Dynaerobics

Coed fitness Ages 16&Up: A total program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

18 One hour sessions				\$77
102633 Luxmanor ES	TBA	3/29	M, W	6:00pm
102634 Cloverly ES	TBA	3/29	M, W	6:30pm
20 One hour sessions				\$85
102635 Bauer Drive CC	TBA	3/30	Tu, Th	6:00pm
10 One hour sessions				\$43
102636 Bauer Drive CC	Doyle	3/27	Sa	10:00am

Body Challenge

Ages 16&Up: A full 75 minutes of Coed fitness: aerobics plus body sculpting. Hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

20 Sessions				\$108
102644 Bauer Drive CC	Doyle	3/30	Tu, Th	7:00pm

Body Sculpting

Ages 16&Up: A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

			0	
18 One hour sessions				\$77
102645 Tilden MS	TBA	3/29	M, W	6:00pm
10 One hour sessions				\$43
102646 Bauer Drive CC	TBA	3/27	Sa	11:00am

One on One Personal Training

Ages 13&Up: Under the direct supervision of Douglas C. Schwanke, BS NSPA Certified Conditioning Specialist and Personal Trainer, individuals of all ages can learn benefits of exercise through one on one training in various strength training exercises (free weights, calisthenics, and isometric training) and cardiovascular conditioning. All sessions held at the Bauer Drive, Potomac or Coffield CC. Days and times arranged by appointment. After you register, you will be mailed a confirmation with the name and phone number of the instructor for you to contact to schedule your training time and location.

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2 Thirty minute session	\$52.		
103482	TBA	Schwanke	4/17
103483	TBA	Schwanke	5/1
103484	TBA	Schwanke	5/15
103485	TBA	Schwanke	5/29
103486	TBA	Schwanke	6/12

Fitness Workouts: Small Group Weight Training

Ages 16&Up: Introduction to Weight Training designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Instructor is NSPA Certified Trainer.

4 One	hour sessions				\$58
103487	Bauer Drive CC	Schwanke	4/15	Th	6:30pm
103488	Potomac CC	Schwanke	4/17	Sa	10:00am

CCS Team: 240-777-6870

Interval Training for the Mature Adult

Ages 18&Up: 5-7 minutes warm up, 35 minutes of intense, non-impact cardiovascular workout, alternating intervals with hand weights and body bands at a ratio of 5 minutes to 2 minutes, floor work including abdominal, leg work and cool down stretches. Participants must provide their own hand weights.

7 One hour sessions				\$28
102317 Wood Acres ES	Holland	4/26	M	6:30pm
9 One hour sessions				\$36
102318 Wood Acres ES	Holland	4/14	W	6:30pm

Jacki Sorensen's Aerobic Programs

Aerobic Dancing Ages 16&Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening with VertifirmTM. Bring mat and hand and/or ankle weights (optional).

24 Sess	sions				\$120
102321	Coffield CC	Cottle	3/16	Tu, Th	7:00pm
11 One	hour sessions				\$ 55
102322	Potomac CC	Baker	3/30	Tu	9:00am
102323	Potomac CC	Baker	3/25	Th	9:00am

Aerobic Workout Ages 16&Up: Jacki's non-dancing approach to fitness. A perfect coed program. Each class a head to toe fat burning workout not dependent on previous class attendance, simple to follow, easy to do. Please bring mat. Hand and/or ankle weights optional.

10 One hour sessions				\$50
103052 Longwood CC	Baker	4/3	Sa	9:15am

Strong Step Ages 16&Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use, call instructor to verify availability 301-428-9425.

11 One	e hour sessions				\$55
103053	Potomac CC	Baker	3/26	F	9:00am

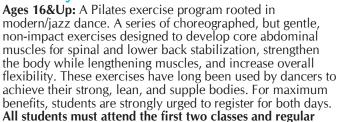
Jazzmatazz Aerobics

Ages 16&Up: A lively, choreographed, low impact/high intensity aerobic workout that emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

10 One	e hour sessions				\$50
103249	Fairland CC	Saunders	3/30	Tu	5:30pm
103250	Fairland CC	Saunders	3/25	Th	5:30pm
103251	Wheaton CC	Saunders	3/30	Tu	7:15pm
103252	Wheaton CC	Saunders	3/25	Th	7:15pm

Pilates by Jazzmatazz

CCS Team: 240-777-6870



attendance after that is strongly recommended.9 One hour sessions\$45103253Sligo MSSaunders3/29M7:00pm

10 One hour sessions \$50 103254 Sligo MS Saunders 3/24 W 7:00pm

Jazzmatazz Aerobics Light

Active Seniors & Beginners Ages 18&Up: A fun filled, choreographed workout that is similar to Jazzmatazz, but is lower to no impact, and still emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. To achieve the best results, students are strongly urged to register for both days.

10 One	e hour sessions				\$50
103245	Wheaton CC	Saunders	3/30	Tu	9:00am
103246	Wheaton CC	Saunders	3/25	Th	9:00am

Jazzercise

Ages 18&Up: The world's largest dance fitness program choreographed by Judi Sheppard Missett. Includes 6-8 min. warm up, 25-30 min. aerobic activity, floor routines for toning and strengthening, and a stretch/cool down period. Combines no impact, low impact and impact movements.

2 Months Unlimited Attendance					\$50
102945	Upper County CC	Elmore	3/1	M,W	6:30pm
102946	Upper County CC	Elmore	5/3	& Tu,Th,F M,W	6:30pm
				& Tu.Th.F	9:30am

Kelley's Complete Fitness Workout

Ages 13&Up: Safe, effective exercises to strengthen and tone major muscle groups. Stretching warmed up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Hand weights are optional. Instructor is a physical education teacher with BS and 20 years experience.

8 One hour sessions				\$38
102433 Wheaton CC	Kelley	3/29	M	9:00am
102434 Longwood CC	Kelley	3/29	M	7:00pm
102435 Bauer Drive CC	Kelley	3/31	W	9:00am
102436 Longwood CC	Kelley	3/31	W	7:15pm
102437 Wheaton CC	Kelley	4/1	Th	9:00am

Movin' with Millie-Traditional Slimnastics $^{\circ}$ \star

Ages 16&Up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominal and gluteals. Program provides flexibility, endurance, strength. Bring mat and light hand weights (optional) to class.

Juchigu	ii. Di iiig iiiat aii	a ngin nana	WCIgnts (O	ριισπα	i) to class.
12 One	e hour sessions	-	_		\$46
103479	Pilgrim Hills PC	Trimble	3/24	W	9:30am
103480	Pilgrim Hills PC	Trimble	3/26	F	9:30am

Tip for a Healthier Life:

Reduce stress through meditation or imagery.

Piyochi

Ages 16&Up: Pilates, Yoga, Tai Chi. Utilizing the best of each of the disciplines to give you an opera of a full mind and body workout in this structured class consisting of fifteen minute segments of each and ballet movements sequencing from one discipline to another so that you keep moving. Includes a final 10-minute guided visualization.

10 One	e hour and thirty	y minute sessions			\$105
104045	Longwood CC	Verdi	4/13	Tu	6:30pm

Susan Taylor Workouts

Ages 16&Up: Both classes offer a Hi/Lo choice. Enjoy real music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone in both classes.

19 One hour sessions				\$90
103474 Leland CC	Taylor	3/23	Tu, Th	6:00pm

Potomac CC offers you a choice. Workout from 8:45-9:45am and go home or stay for an additional 15 minutes of stretch and tone at no extra charge.

17 One hour sessions				\$77
103475 Potomac CC	Taylor	3/22	M, W	8:45am

Instructional Sports Classes for Everyone

Fencing

Fencing Beginner I

Beginner: Basic foil techniques. Instructors are certified Fencing Master Ray Finkleman and former Olympian Gitty Mohebban. Equipment provided: foil, mask, and jacket. \$20 material fee due to instructor. Class updates are available on the Potomac class at www.fencer.com.

10 On	e hour sessions				\$75
91433	Potomac CC	Finkleman	4/15	Th	6:30pm
91434	Bauer Drive CC	Mohebban	4/23	F	5:30pm
91435	Frost, Robert MS	Mohebban	4/19	M	5:30pm
Fencing Beginner II				↑ ★	

This class is designed for the advanced Beginner I and entry level Beginner II student. Curriculum will be student skill dependent. \$20 materials fee due to instructor.

10 One hour sessions				\$75
102042 Bauer Drive CC	Mohebban	4/23	F	6:30pm

Fencing Beginner II/Intermediate

Prerequisite Fencing Beginner I class. Class consists of demonstration and perfection of fencing beginner I skills along with an introduction of new techniques. \$20 materials fee due to the instructor.

10 On	e hour sessions				\$ 75
91438	Frost, Robert MS	Mohebban	4/19	M	6:30pm

Fencing Intermediate

More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. \$20 material fee due to the instructor. Class updates for the Potomac class are available at www.fencer.com.

10 On	e hour sessions				\$75
91439	Potomac CC	Finkleman	4/15	Th	7:30pm
91440	Bauer Drive CC	Mohebban	4/23	F	7:30pm

Fencing Club

An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. \$20 material fee due to instructor at first class. Classes may feature electric fencing apparatus. Updates for the Potomac class are available at www.fencer.com

10 One hour and thirty minute sessions					<u>\$75</u>
91441	Potomac CC	Finkleman	4/15	Th	8:30pm
91442	Bauer Drive CC	Mohebban	4/24	Sa	11:00am

Golf

Golf for Everyone

Ages 3-5: Eye hand coordination, BASIC swing and putting instruction. Clubs provided, parent participation required. \$10 materials fee due at the first class.

5 Thirty-minute sessions	\$99			
102044 Potomac CC	Love to Par	4/17	Su	2:00pm
103774 Potomac CC	Love to Par	4/17	Su	2:30pm

Ages 6-12: 4-5 students per instructor. Instruction on grip, stance, swing movements, alignment, club selection and rules. \$25 material fee per person due to the instructor at the first class. Golf clubs are available on site

5 Forty-five minute sessions				\$110
102045 Potomac CC	Love to Par	4/15	Th	4:00pm

Ages 13&Up: \$25 material fee per person is due to the instructor at the first class. Golf clubs are available on site

instruc	tor at the first class.	Golf clubs	are avai	lable (on site.
5 One	hour sessions				\$110
103776	Germantown CC	Love to Par	4/18	Su	12:00pm

Golf 101

Ages 18&Up: Gain an overview and enjoy highly personalized teaching style that allows for a relaxed, enjoyable, learning atmosphere. All aspects of the game are taught with proven fundamentals and principles in a simple and understandable way. State of the art computerized video analysis is used. All classes include the use of balls and loaner clubs.

5 One hour session	s			\$110
103953 Waters Landing	Golf Park Butkiewicz	4/20	Tu	6:00pm
103954 Waters Landing	Golf Park Butkiewicz	4/21	W	7:00pm
103955 Waters Landing	Golf Park Butkiewicz	4/24	Sa	10:00am

Golf Swing the Club Advanced Player School

Ages 9&Up: Advanced Level Instruction: Enrollment Limited to 8 Students. Skills instruction emphasizes the perfecting of proper grip stance swing and special strokes. Student will receive critique of their swing and game strategy guidance.

5 One hour sessions				\$110
103747 Northwest Golf Course	Keith	4/14	W	7:00pm
103748 Northwest Golf Course	Keith	4/15	Th	7:00pm

Tennis

Tennis Outdoor

Learn tennis basics through advanced levels in forehand, backhand and volley and serve based on your present skill level.

hand and volley and serve based on your present skill level.							
1//1			\$99				
anced Begi	inner						
Woods	4/20	T	4:00pm				
Woods	4/19	М	4:00pm				
Ages 16&Up: Beginner/Advanced Beginner							
Woods	4/20	T	5:00pm				
Woods	4/19	M	5:00pm				
	anced Begi Woods Woods dvanced B Woods	Anced Beginner Woods 4/20 Woods 4/19 dvanced Beginner Woods 4/20	anced Beginner Woods 4/20 T Woods 4/19 M dvanced Beginner Woods 4/20 T				

Tennis Lessons

Ages 3-5: Parent's participation required. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to the instructor.

CCS Team: 240-777-6870

5 Thirty-minute sessions				\$99
102060 Bauer Drive CC	Love to Par	4/17	Sa	1:30pm
103948 Olney Manor RP	Love to Par	4/13	Tu	1:30pm
102061 Bauer Drive CC	Love to Par	4/17	Sa	1:00pm
102062 Germantown CC	Love to Par	4/14	W	3:30pm
103945 Germantown CC	Love to Par	4/14	W	3:00pm
103946 Potomac CC	Love to Par	4/17	Sa	9:00am
103947 Potomac CC	Love to Par	4/17	Sa	9:30am

Ages 6-12: Parent's may watch last 10 minutes of class. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to the instructor.

5 Forty	-five mir	nute s	sessions				\$99
103949	Bauer Dri	ve CC	Love to	Par	4/17	Sa	2:00pm
103950	Germanto	wn C	C Love to	Par	4/14	W	4:00pm
103951	Potomac (CC	Love to	Par	4/15	Th	4:00pm
103952	Olney Ma	nor R	P Love to	Par	4/13	Tu	4:00pm

Ages 13&Up: Learn tennis basics through advanced level player skills, dependent upon your ability.

5 One hour sessions	Pars	\$110	
102057 Germantown CC	Love to Par 4/14	W	6:00pm
102058 Potomac CC	Love to Par 4/15	Th	6:00pm
102059 Bauer Drive CC	Love to Par 4/17	Sa	4:00pm

Sailing

This marks our 38th year of offering the safest, highest quality adult sailing instruction in the Washington area. Our US Sailing Certified Instructors are expert sailors who are highly skilled, and are committed to helping students gain enthusiasm and confidence. US Sailing completion booklets are given for successful completion of each course. (This may be mailed in to US Sailing for membership and log books for a fee.) A great beginner sailing book from US Sailing/Red Cross is available at your class for \$15 (purchase optional). We are a hands-on sailing school; the majority of time is spent on the water SAILING. The fee for your class covers boat rental, use of equipment and life jacket. Also, an additional free hour of rental boats from Washington Sailing Marina is available to you. All classes are held at Washington Sailing Marina, located on George Washington Parkway, 1 mile south of Reagan National Airport and north of Alexandria. The marina has a restaurant, cafe, showers and changing facilities available. Students should dress appropriate for the forecasted weather and wear rubbersoled shoes. Hats, sunglasses, and drinking water are recommended. We meet rain or shine

Adult Basic/Advanced Basic Day School

Ages 18&Up: On board Flying Scots, one of the finest 19' day-sailors available. For beginners and/or those who have been out, but really need to learn to sail this time. 4 students per boat plus instructor. Yes, a day school for adults. The same class as the basic/advanced basic weekend on Flying Scots class but done over 3 weekdays, giving you a little more time to become a proficient sailor. Limited to four per boat plus instructor.

3 Six-hour Sessions					\$220
99194	Wash Sailing Marina	Vashaw	6/9	W, Th, F	9:30am



Adult Basic/Advanced Basic Weekend

CCS Team: 240-777-6870

Ages 18&Up: On board Flying Scots, one of the finest 19' day-sailors available. For beginners and/or those who have been out, but really need to learn to sail this time. 4 students per boat plus instructor.

2 Six h	nour sessions				\$185
99188	Wash Sailing Marina	Vashaw	5/1	Sa, Su	9:30am
99189	Wash Sailing Marina	Vashaw	5/8	Sa, Su	9:30am
99190	Wash Sailing Marina	Vashaw	5/15	Sa, Su	9:30am
99191	Wash Sailing Marina	Vashaw	5/22	Sa, Su	9:30am
99192	Wash Sailing Marina	Vashaw	6/5	Sa, Su	9:30am
99193	Wash Sailing Marina	Vashaw	6/12	Sa, Su	9:30am

Adult Basic Keelboat Weekend

Ages 18&Up: Onboard a 25' Catalina, this class is for the experienced day sailor who is ready for something a little bit bigger. Course covers basic keelboat day sailing and cruising, including,: preparation to sail, crew operations and skills, sailing theory, leaving dock and mooring, boat control in confined waters, navigation rules-inland, heavy weather sailing, overboard recovery methods, safety and emergency procedures. Limited to four students per one instructor.

2 Six h	nour sessions				\$220
99195	Wash Sailing Marina	Vashaw	5/1	Sa, Su	9:30am
99196	Wash Sailing Marina	Vashaw	5/15	Sa, Su	9:30am
99197	Wash Sailing Marina	Vashaw	6/12	Sa, Su	9:30am

Performing Arts

Cheerleading



Ages 5-13: Beginner: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-831-6665.

Ograpii	ography. Questions. Can i fin braditer at 301 031 0005.						
4 Two	hour sessions				\$65		
102026	Olney ES	Brudner	4/19	M	5:00pm		
102027	Germantown CC	Brudner	4/20	Tu	5:00pm		
102028	Potomac CC	Brudner	5/25	Tu	4:00pm		

Gymnastics

Tumbling Format

Ages 3-6: Beginner: Enjoy learning tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Forty-five-minute sessions					\$65
102047	Upper County CC	Schattenberg	4/19	M	1:45pm
102048	Longwood CC	Schattenberg	4/15	Th	1:45pm

Gymnastics: Skill Development Phase II



Ages 6-14: Beginner: An introduction to gymnastics exercises including tumbling (headstands, cartwheels and bridges), bars (skin the cat, pull overs and casts), and vaulting (jumping on the board, squat ons, straddle ons).

6 One hour sessions					\$70
102053	Gymnastics of America	Mofid	4/19	M	5:00pm
102054	Gymnastics of America	Mofid	4/20	Tu	4:30pm

Gymnastics: Skill Development Phase I

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Ages 4-6: Enjoy an introduction to obstacle course tumbling (forward rolls, cartwheels and handstands), bars (learn how to swing, skin the cat and front rolls), and vaulting.

5 One hour sessions						\$65
	102049	Gymnastics of America	Mofid	4/19	M	4:00pm
	102050	Gymnastics of America	Mofid	4/21	W	10:00am
	102051	Gymnastics of America	Mofid	4/19	M	11:00am
	102052	Gymnastics of America	Mofid	4/23	F	11:00am

Martial Arts for Everyone

Advertised class lengths include set up and take down time. Actual instruction time may be less. Classes which are cancelled due to inclement weather or other facility unavailability problems will be made up, if possible, by adding extra dates to the end of the session, adding extra time to sessions or attending alternate locations of the same program.



Aikido



Ages 10&Up: Beginners: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can, learn to manage conflict in one's personal life. Be nonaggressive without being a victim. Coordinate mind and body and deal effectively with stress and tension. Emphasis is on Ki development.

10 One hour and thirty minute sessions					\$65
103476	Children's Learning Ctr	Rowe	4/1	Th	6:00pm
103477	Children's Learning Ctr	Rowe	4/1	Th	7:30pm
103478	Children's Learning Ctr	Mundell	4/4	Su	3:00pm

Tip for a Healthier Life:

Register TODAY for a healthy Recreation class!

Karate/Jujitsu



Ages 6-12: (New students must be 6 at the start of class): The physical and psychological aspects taught. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. *All locations accept Beginning through Advance students, however, at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES and Dufief ES beginners must attend at 6:00pm at all other sites beginners may attend the later times.

10 One	e hour sessions			\$41
102440	Longwood CC	3/29	M	7:00pm
102441	Upper County CC	3/29	M	6:00pm
102442	Upper County CC	3/29	M	7:00pm
102443	Wheaton CC	3/29	M	7:00pm
102444	Baker MS	3/30	Tu	7:00pm
102445	Germantown CC	3/30	Tu	7:00pm
102446	Bauer Drive CC	3/31	W	6:00pm
102447	Bauer Drive CC	3/31	W	7:00pm
102448	Potomac CC	3/31	W	7:00pm
102449	Resnik ES	3/31	W	6:00pm
102450	Resnik ES	3/31	W	7:00pm
102451	Clara Barton CC	3/31	W	7:00pm
102452	Stedwick ES	3/31	W	7:00pm
102453	Fairland CC	4/1	Th	6:00pm
102454	Fairland CC	4/1	Th	7:00pm
102455	DuFief ES	4/1	Th	6:00pm
102456	DuFief ES	4/1	Th	7:00pm
102457	Poolesville HS	4/1	Th	7:00pm
102458	Rolling Terrace ES	4/1	Th	6:00pm
102459	Rolling Terrace ES	4/1	Th	7:00pm
102460	Bethesda ES	4/1	Th	7:00pm

Ages 13&Up: All locations accept beginning through advance students.

10 One	e hour and thirty minute sessions			\$ 55
102461	Upper County CC	3/29	M	8:00pm
102462	Wheaton CC	3/29	M	8:00pm
102463	Germantown CC	3/30	Tu	8:00pm
102464	Baker MS	3/30	Tu	8:00pm
102465	Bauer Drive CC	3/31	W	8:00pm
102466	Clara Barton CC	3/31	W	8:00pm
102467	Potomac CC	3/31	W	8:00pm
102468	Stedwick ES	3/31	W	8:00pm
102469	Bethesda ES	4/1	Th	8:00pm
102470	Fairland CC	4/1	Th	8:00pm
102471	DuFief ES	4/1	Th	8:00pm
102472	Rolling Terrace ES	4/1	Th	8:00pm

Karate/Jujitsu Club



Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

10 Two hour sessions	Tro v class daming c	ne s u m	\$25
103504 Bauer Drive CC	4/2	F	7:00pm

Isshin Ryu Karate



Ages 13&Up: Learn self defense and a way of life, while gaining the benefit of a great workout. Develop self confidence, energy, strength and stamina. Become proficient in effective striking and blocking, and other combat oriented controlling techniques. Wear loose fitting clothes or white Gi. Training in noncontact sparring requires protective gear: see instructor for details. Students work at their own pace. Promotional advancement is available. On-going, continuous program.

14 One hour sessions				\$52
103260 Ross Boddy CC	Jenkins	4/19	M, W	7:00pm

Kendo for Beginners



CCS Team: 240-777-6870

Ages 13&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$27 is due to the instructor to cover cost of shinai. Also see Shodo, an excellent complement to this training.

9 One hour sessions				\$57
103257 Tilden MS	Shintaku	3/25	Th	7:15pm

Ages 13&Up: Advanced: Pre-requisite, a beginners class with Shiro Shintaku.

9 One hour sessions				\$57
103258 Tilden MS	Shintaku	3/25	Th	8:15pm

Shodo

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Ages 13&Up: Beginner/Intermediate: Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samari. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. \$19 material fee due to instructor. An excellent compliment to Kendo.

9 One hour sessions				\$57
103259 Tilden MS	Shintaku	3/25	Th	6:00pm

Music for Everyone

Guitar Level I



Ages 9&Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. \$20 materials fee due to the instructor at the first class includes: an instructional songbook, additional song sheets and handouts. Please bring a fully strung guitar (preferably acoustic), electronic tuner and pencil. Questions? Call Brian Gross at 301-320-6999.

8 One hour and fifteen minute sessions					\$100
102040	Tilden MS	Gross	4/27	Tu	7:00pm

Guitar Level II



Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Fee includes instructional book, additional packet of songs and handouts. Please bring a fully strung guitar, electronic tuner and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999.

8 One hour and fifteen minute sessions					\$100
102041	Tilden MS	Gross	4/20	Tu	8:15pm

Voice I

Ages 12&Up: Beginner: Fundamentals of singing taught with emphasis on breathing, range extension, pitch support and interpretation. Attention to voice placement and singing without stress.

7 One hour sessions			\$45	
103795 Tilden MS	Leadbetter-Hines	4/14	W	7:30pm

Voice II



Ages 12&Up: Prerequisite: Level I with Leadbetter-Hines. Last class will be a recital with date, time and location to be announced.

7 One hour session	ons			\$50
103796 Tilden MS	Leadbetter-Hines	4/14	W	8:30pm

Tiny Tots

CCS Team: 240-777-6870

Please note: In order to preserve the quality of our programs, please make sure your child meets the age requirements for each activity before you register.

See page 18 for *Spring Break Schools & Clinics* for ages 3-12

Art Adventures

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the *Me Too* class! Instructor: Ms Sharon

8 Forty-five minute sessions					\$52
103261	Coffield CC	Ms Sharon	4/19	M	11:15am
103262	Potomac CC	Ms Sharon	4/13	Tu	10:45am
103263	Leland CC	Ms Sharon	4/14	W	10:00am
103264	Leland CC	Ms Sharon	4/14	W	11:30am
103265	Leland CC	Ms Sharon	4/14	W	1:00pm
103266	Potomac CC	Ms Sharon	4/15	Th	9:30am
103267	Potomac CC	Ms Sharon	4/15	Th	10:15am



Messes and Masterpieces

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. Weather permitting, we may take advantage of the outdoors so keep a hat and/or sunscreen handy. \$15 material fee due to instructor. Adult participation required.

ive minute sessions	•			\$52
ongwood CC	Ms Joan	4/19	M	10:00am
ongwood CC	Ms Joan	4/19	M	11:00am
ilden Woods PC	Ms Joan	4/13	Tu	10:00am
ilden Woods PC	Ms Joan	4/13	Tu	11:00am
otomac CC	Ms Joan	4/14	W	10:00am
otomac CC	Ms Joan	4/14	W	11:00am
otomac CC	Ms Joan	4/14	W	1:15pm
	ongwood CC ongwood CC ilden Woods PC ilden Woods PC otomac CC	ongwood CC Ms Joan ilden Woods PC Ms Joan ilden Woods PC Ms Joan otomac CC Ms Joan otomac CC Ms Joan	ongwood CC Ms Joan 4/19 ongwood CC Ms Joan 4/19 ilden Woods PC Ms Joan 4/13 ilden Woods PC Ms Joan 4/13 otomac CC Ms Joan 4/14 otomac CC Ms Joan 4/14	ongwood CC Ms Joan 4/19 M ongwood CC Ms Joan 4/19 M ilden Woods PC Ms Joan 4/13 Tu ilden Woods PC Ms Joan 4/13 Tu otomac CC Ms Joan 4/14 W otomac CC Ms Joan 4/14 W

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$22 material fee due to instructor. Adult participation required.

8 Forty	-five minute session	ns			\$52
103399		Tiny Hands	4/19	M	10:00am
103410	Potomac CC	Tiny Hands	4/19	M	11:00am
103398	Germantown CC	Tiny Hands	4/19	Μ	9:30am
103406	Wheaton CC	Tiny Hands	4/13	Tu	9:30am
103415	Wheaton CC	Tiny Hands	4/13	Tu	10:30am
103412	Germantown CC	Tiny Hands	4/13	Tu	10:30am
103408	Leland CC	Tiny Hands	4/13	Tu	1:00pm
103411	Bauer Drive CC	Tiny Hands	4/14	W	10:30am
103397	Bauer Drive CC	Tiny Hands	4/14	W	1:00pm
103401	Germantown CC	Tiny Hands	4/14	W	9:30am
103414	Germantown CC	Tiny Hands	4/14	W	10:30am
103405	Longwood CC	Tiny Hands	4/14	W	10:15am
103400	Longwood CC	Tiny Hands	4/15	Th	9:30am
103413	Longwood CC	Tiny Hands	4/15	Th	10:30am
103404	Fairland CC	Tiny Hands	4/15	Th	10:00am
103417	Fairland CC	Tiny Hands	4/15	Th	1:00pm
103419	Clara Barton CC	Tiny Hands	4/15	Th	10:15am
103407	Potomac CC	Tiny Hands	4/16	F	10:00am
103416	Potomac CC	Tiny Hands	4/16	F	11:00am
103418	Bauer Drive CC	Tiny Hands	4/17	Sa	9:30am
103403	Germantown CC	Tiny Hands	4/17	Sa	10:15am

Busy Bees

Ages 2½-4: Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.

8 One hour sessions					\$70
103272	Leland CC	Ms Cathy	4/13	Tu	10:30am
103273	Leland CC	Ms Cathy	4/19	Μ	11:30am
Time	Out for Twos				♣

Ages 24-36 months: Look who's turned two and ready to have a wonderful time with music, crafts, finger plays and more!. Activities are teacher directed. Please bring a smock for your child. \$10 material fee due to instructor. Adult participation required.

8 Forty-five minute sessions					\$52
103389	Leland CC	Ms Cathy	4/19	M	9:30am
103390	Leland CC	Ms Cathy	4/19	M	10:30am
103391	Leland CC	Ms Cathy	4/13	Tu	9:30am

Tiny Hands Chefs

Ages 3½-6: One Bite Won't Hurt You! Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$28 material fee due to instructor. Adult participation required.

8 Forty-five minute sessions					\$52
103392 Pot	omac CC	Tiny Hands	4/19	M	1:00pm
103393 Pot	omac CC	Tiny Hands	4/19	M	2:00pm
103395 Lon	gwood CC	Tiny Hands	4/13	Tu	1:00pm
103396 Lon	gwood CC	Tiny Hands	4/13	Tu	2:00pm

Tip for a Healthier Life:

Wear your seat belt. Statistics show that wearing seatbelts reduces potential injuries.

A Roaring Good Time



Ages 3-5: Calling all cubs...come join the pride for a feast of fun! 'Mane' attractions include creating different animals of the jungle, dancing and moving to music, making up our own story and more! \$15 material fee due to instructor. Adult participation required.

8 Forty-five minute sessions				\$60	
103376	Potomac CC	Ms Sharon	4/13	Tu	1:00pm

Babies Music Morning



Ages 12-24 months: Exposure to music to help infants develop a sense of timing, pitch, language skills through body movements, action songs, floor and lap games and rhymes and lullabies. Simple and safe percussion instruments used. \$10 material fee due to instructor. Adult participation required.

10 Forty-five minute sessions					\$82
103270	Longwood CC	Taousakis	3/30	Tu	9:45am
103268	Tilden Woods PC	Taousakis	3/31	W	9:45am
103269	Wheaton CC	Taousakis	4/1	Th	10:10am
103271	Tilden Woods PC	Taousakis	4/2	F	9:30am



Tiny Tots Music Morning

Juniors Tots Music



Ages 2-5: Develop musical skill while singing and moving to songs, dancing to classical and jazz music and playing simple percussion instruments in an educational setting. A new instrument and theme introduced each week. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. Adult participation required. \$10 material fee due to instructor

8 Forty	\$65				
103420	Wheaton Lib	Taousakis	4/19	M	10:15am
103421	Wheaton Lib	Taousakis	4/19	M	11:05am
10 For	ty-five minute sess	sions			\$82
103425	Longwood CC	Taousakis	3/30	Tu	10:30am
103422	Tilden Woods PC	Taousakis	3/31	W	10:30am
103423	Tilden Woods PC	Taousakis	3/31	W	11:30am
103424	Wheaton CC	Taousakis	4/1	Th	11:00am
103426	Tilden Woods PC	Taousakis	4/2	F	10:15am

Ages 3½-5: Introduction to note reading, note value rhythm, ear training and more! Enhance musical skills while singing and moving to songs, dancing to classical and jazz music and playing simple percussion instruments in an educational setting. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. \$10 material fee due to instructor. Adult participation not required.

8 Forty-five minute sess	\$65			
103373 Wheaton Lib	Taousakis	4/19	M	12:30pm
10 Forty-five minute ses	\$82			
103374 Longwood CC	Taousakis	3/31	W	12:30pm
103375 Wheaton CC	Taousakis	4/1	Th	12:30pm

Discovering Music For Infants

^ ★

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$20 material fee due to instructor. Please call 301-951-3626.

CCS Team: 240-777-6870

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8 Forty	8 Forty-five minute sessions								
103291	Camp Seneca PC	Music for Life	4/19	M	9:00am				
10 Forty-five minute sessions									
103292	Upper County CC	Music for Life	4/1	Th	9:15am				
103293	N Chevy Chase PC	Music for Life	4/2	F	9:15am				

Discovering Music for Toddlers



Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register (on line registration not available, call 240-777-6870) and pay class fee. Adult participation required. \$20 material fee due to instructor. Please call 301-951-3626 for more information.

8 Forty-five minute sessions							
	103310	Camp Seneca PC	Music for Life	4/19	M	10:15am	
	103311	Camp Seneca PC	Music for Life	4/19	M	11:00am	
	10 Fort	ty-five minute sessio	ns			\$80	
	103294	Clara Barton CC	Music for Life	3/30	Tu	10:15am	
	103295	Clara Barton CC	Music for Life	3/30	Tu	11:15am	
	103297	Damascus Lib	Music for Life	3/30	Tu	10:15am	
	103307	Damascus Lib	Music for Life	3/30	Tu	11:15am	
	103299	Long Branch CC	Music for Life	3/30	Tu	10:15am	
	103296	Potomac CC	Music for Life	3/30	Tu	5:30pm	
	103298	Coffield CC	Music for Life	3/31	W	10:00am	
	103308	Fairland CC	Music for Life	3/31	W	10:15am	
	103309	Fairland CC	Music for Life	3/31	W	11:00am	
	103306	Norbeck PC	Music for Life	4/1	Th	10:00am	
	103302	Upper County CC	Music for Life	4/1	Th	10:15am	
	103305	Upper County CC	Music for Life	4/1	Th	11:15am	
	103300	N Chevy Chase PC	Music for Life	4/2	F	10:00am	
	103301	N Chevy Chase PC	Music for Life	4/2	F	11:00am	
	103303	Clara Barton CC	Music for Life	4/3	Sa	10:00am	
	103304	Clara Barton CC	Music for Life	4/3	Sa	11:00am	

Exploring Music

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Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$20 material fee due to instructor.

10 fort	\$115				
103312	Potomac CC	Music for Life	3/30	Tu	4:15pm
103313	Bauer Drive CC	Music for Life	3/31	W	4:00pm

Tip for a Healthier Life:

Wear sunscreen whenever you are in the sun. Remember to always use SPF 15 or above. Avoid direct sun exposure during 10:00am and 2:00pm when sun is the strongest.

Vintage Games Galore

CCS Team: 240-777-6870

Ages 2-4: Get ready for a blast from the past! The gang always dug those summer camp and backyard activities such as sack races, hopscotch, relay races, hula-hoops, obstacle course and more! Now you can twist again like you did in past summers. Make new memories with your toddler while they enjoy socialization, development of cognitive skills and hand eye coordination in an atmosphere of non competitive old fashioned fun!. Each week's activities follow a different theme and all equipment is safe and geared toward the children. \$10 material fee due to instructor.

8 Forty	8 Forty-five minute sessions						
Ages 2	-3						
103427	Maplewood-Alta	Vista PC Sportztime	4/14	W	9:30am		
103429	Norbeck PC	Sportztime	4/16	F	9:30am		
Ages 3	-4						
103428	Maplewood-Alta	Vista PC Sportztime	4/14	W	10:30am		
103430	Norbeck PC	Sportztime	4/16	F	10:30am		

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

8 Forty-five minute sessions						
103377	Coffield CC	Ms Sharon	4/19	M	10:30am	
103380	Potomac CC	Ms Sharon	4/13	Tu	10:00am	
103378	Leland CC	Ms Sharon	4/14	W	10:45am	
103379	Potomac CC	Ms Sharon	4/15	Th	11:00am	

Funfit®

Ages 1-2: A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 material fee due to instructor. Call 301-975-0099 for more information.

instructor. Can 301-9/3-0099 for more information						
	\$60					
	103324	Wheaton CC	Funfit	4/19	M	9:30am
	103325	Wheaton CC	Funfit	4/19	М	10:15am
	103326	Quince Orchard PC	Funfit	4/13	Tu	9:30am
	103349	Coffield CC	Funfit	4/13	Tu	9:30am
	103327	Fairland CC	Funfit	4/13	Tu	9:30am
	103329	Leland CC	Funfit	4/14	W	9:00am
	103330	Potomac CC	Funfit	4/14	W	9:30am
	103331	Potomac CC	Funfit	4/14	W	10:15am
	103332	Damascus Lib	Funfit	4/14	W	9:30am
	103333	Damascus Lib	Funfit	4/14	W	10:15am
	103334	N Chevy Chase PC	Funfit	4/14	W	9:30am
	103335	N Chevy Chase PC	Funfit	4/14	W	10:15am
	103336	Quince Orchard PC	Funfit	4/15	Th	9:30am
	103337	Quince Orchard PC	Funfit	4/15	Th	10:15am
	103338	Bauer Drive CC	Funfit	4/15	Th	9:30am
	103339	Bauer Drive CC	Funfit	4/15	Th	10:15am
	103328	Germantown CC	Funfit	4/16	F	9:30am
	103343	Leland CC	Funfit	4/16	F	9:00am
	103344	Potomac CC	Funfit	4/16	F	9:30am
	103345	Potomac CC	Funfit	4/16	F	10:15am
	103346	N Four Corners PC	Funfit	4/16	F	9:30am
	103347	N Four Corners PC	Funfit	4/16	F	10:15am
	103348	Tilden MS	Funfit	4/17	Sa	9:30am
	103351	Quince Orchard PC	Funfit	4/17	Sa	9:30am

Funfit® 7	Two
Λσος 2-3	

	Ages 2-3								
8 Forty-five minute sessions									
	103356	Wheaton CC	Funfit	4/19	Μ	11:00am			
	103357	Quince Orchard PC	Funfit	4/13	Tu	11:00am			
	103369	Coffield CC	Funfit	4/13	Tu	10:15am			
	103370	Fairland CC	Funfit	4/13	Tu	10:15am			
	103359	Potomac CC	Funfit	4/14	W	11:00am			
	103360	Damascus Lib	Funfit	4/14	W	11:00am			
	103361	N Chevy Chase PC	Funfit	4/14	W	11:00am			
	103362	Quince Orchard PC	Funfit	4/15	Th	11:00am			
	103363	Bauer Drive CC	Funfit	4/15	Th	11:00am			
	103358	Germantown CC	Funfit	4/16	F	10:15am			
	103365	Leland CC	Funfit	4/16	F	9:45am			
	103366	Potomac CC	Funfit	4/16	F	11:00am			
	103367	N Four Corners PC	Funfit	4/16	F	11:00am			
	103368	Tilden MS	Funfit	4/17	Sa	10:15am			
	103372	Quince Orchard PC	Funfit	4/17	Sa	10:15am			

Funfit® Three

Ages 3-4: Enjoy a variety of age-appropriate games that require following directions and playing by game rules. Increased skill development, motor skills, and coordination. Further development of socialization, language skills, and cooperative play. Adult participation required for the class, but not necessary for every activity. \$10 material fee due to instructor. Call 301-975-0099 for more information

8 Forty-	five minu	ite sessions			\$60
103353	Tilden MS	Funfit	4/17	Sa	11:00am

Family Funfit®

Ages 18 months-4 years: A fulfilled, high energy activity class that includes games, songs, stories, music, parachute, balls, and more offering the whole family a great work out. Adult participation required. Children must be walking. \$10 family material fee due to the instructor. Price is per child. Call 301-975-0099 for additional information

8 Forty	\$60				
103314	Potomac CC	Funfit	4/19	M	4:00pm
103316	Fairland CC	Funfit	4/13	Tu	11:00am
103317	Coffield CC	Funfit	4/13	Tu	11:00am
103318	Quince Orchard PC	Funfit	4/13	Tu	10:15am
103319	Leland CC	Funfit	4/14	W	9:45am
103315	Bauer Drive CC	Funfit	4/15	Th	1:15pm
103321	Germantown CC	Funfit	4/16	F	11:00am
103320	Quince Orchard PC	Funfit	4/17	Sa	11:00am

Wee Wanna Be

Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Children will receive instruction in sports and agility training through supervised, non-competitive play sessions. Sports include: soccer, tennis, golf, tball and kickball. Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. \$20 material fee due to instructor. Adult participation required. Price is per child. Call 301-983-2690 for more info.

8 Forty	8 Forty-five minute sessions							
103442	Leland CC	CTI	4/19	M	9:00am			
103444	Leland CC	CTI	4/19	M	9:45am			
103448	Leland CC	CTI	4/19	M	10:30am			
103450	Leland CC	CTI	4/19	M	11:15am			
103451	Longwood CC	CTI	4/19	M	9:30am			
103452	Longwood CC	CTI	4/19	M	10:30am			
103447	Longwood CC	CTI	4/19	M	11:30am			
103445	Longwood CC	CTI	4/19	М	1:30pm			



9 Forty	-five minute sessi	ons			\$72
103431	Germantown CC	CTI	4/13	Tu	9:15am
103432	Germantown CC	CTI	4/13	Tu	10:15am
103433	Germantown CC	CTI	4/13	Tu	11:15am
103449	Germantown CC	CTI	4/13	Tu	1:30pm
103454	Germantown CC	CTI	4/13	Tu	2:30pm
103458	Potomac CC	CTI	4/14	W	1:00pm
103459	Potomac CC	CTI	4/14	W	1:45pm
103460	Upper County CC	CTI	4/14	W	9:15am
103461	Upper County CC	CTI	4/14	W	10:15am
103462	Upper County CC	CTI	4/14	W	11:15am
103463	Clara Barton CC	CTI	4/14	W	9:30am
103464	Clara Barton CC	CTI	4/14	W	10:15am
103465	Clara Barton CC	CTI	4/14	W	11:15am
103434	Potomac CC	CTI	4/15	Th	9:30am
103435	Potomac CC	CTI	4/15	Th	10:30am
103436	Potomac CC	CTI	4/15	Th	11:30am
103446	Potomac CC	CTI	4/15	Th	12:30pm
103455	Potomac CC	CTI	4/15	Th	1:30pm
103437	Bauer Drive CC	CTI	4/16	F	9:15am
103438	Bauer Drive CC	CTI	4/16	F	10:15am
103439	Bauer Drive CC	CTI	4/16	F	11:15am
103456	Bauer Drive CC	CTI	4/16	F	1:15pm
103466	Coffield CC	CTI	4/16	F	9:30am
103467	Coffield CC	CTI	4/16	F	10:30am
103468	Coffield CC	CTI	4/16	F	11:30am
103440	Oakland Terrace ES	CTI	4/17	Sa	9:15am
103441	Oakland Terrace ES	CTI	4/17	Sa	10:15am
103457	Oakland Terrace ES	CTI	4/17	Sa	11:15am
103443	Wayside ES	CTI	4/17	Sa	9:15am
103453	Wayside ES	CTI	4/17	Sa	10:15am

Coach Doug's Sports School

Ages 4-7: Join us for this innovative program based on the principals of the highly successful We Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized and each child will receive a t shirt. Sports include: soccer, golf, kickball, tball and more! \$20 material fee due to instructor. Call 301-983-2690 for more info.

8 Forty-five minute sessions					\$80
103275	Longwood CC	CTI	4/19	М	2:30pm
103274	Longwood CC	CTI	4/19	М	3:30pm
103277	Longwood CC	CTI	4/19	М	4:15pm

9 Forty-five minute session	\$90			
103276 Germantown CC	CTI	4/13	Tu	3:30pm
103281 Germantown CC	CTI	4/13	Tu	4:15pm
103280 Potomac CC	CTI	4/14	W	2:30pm
103278 Potomac CC	CTI	4/14	W	3:15pm
103279 Potomac CC	CTI	4/14	W	4:30pm
103283 Potomac CC	CTI	4/15	Th	2:30pm
103282 Potomac CC	CTI	4/15	Th	3:30pm
103284 Potomac CC	CTI	4/15	Th	4:30pm
103286 Bauer Drive CC	CTI	4/16	F	2:15pm
103285 Bauer Drive CC	CTI	4/16	F	3:15pm
103287 Bauer Drive CC	CTI	4/16	F	4:15pm
103288 Oakland Terrace ES	CTI	4/17	Sa	12:15pm
103290 Oakland Terrace ES	CTI	4/17	Sa	1:15pm
103289 Wayside ES	CTI	4/17	Sa	11:15am

CCS Team: 240-777-6870

Wellness for Adults

All classes are for ages 18&Up unless otherwise noted. Advertised class lengths include set up and take down time. Actual instruction time may be less. Classes which are cancelled due to inclement weather or other facility unavailability problems will be made up, if possible, by adding extra dates to the end of the session, adding extra time to sessions or attending alternate locations of the same program.

Relaxation Massage

Learn the positive effects of massage as a tool in relieving stress and relaxing the body and mind. Includes simple anatomy and techniques of Swedish Massage. Areas of concentration are hands, feet, head, neck and back. Bring a pillow and blanket to first class.

4 Two hour sessions				\$75	
102419	Germantown CC	Barclay	4/14	W	7:17pm

Massage Institutes

Ages 18&Up: Back Massage Learn basic anatomy, massage strokes, contraindications, and how the body can benefit from massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion to class.

1 Two hour session	\$22			
103489 Potomac CC	Schwanke	4/19	М	6:30pm

Ages 18&Up: Foot Massage Basic Reflexology Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Please bring a mat and massage oil, or body lotion to class.

1 Two hour session				\$22
103490 Potomac CC	Schwanke	5/10	M	6:30pm

Qi Gong: A Different Exercise

Practiced for thousands of years in China for health, longevity, and to gain more life energy through exercise. Qi, the life force that flows throughout all living beings, and the five Phoenix sets, opens up energy flow in the meridians by eliminating blockages. Similar to Tai Chi, but only takes 20 minutes. The class teaches meditative techniques along with movements and theory. Wear loose clothing. Booklets given out and tapes available for purchase from instructor.

8 One hour and thirty minute sessions					\$80
102429	Germantown CC	Kramer	3/29	M	7:00pm

Continuing Qi Gong: The course is a review of all of the forms taught in beginning class.

8 One hour sessions					\$54
102431	Germantown CC	Kramer	3/30	Tu	7:00pm

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Qi Gong with Master Instructor

CCS Team: 240-777-6870

Dance of the Phoenix & Movements for Back Care: Taught by a Qi Gong Master Instructor. Movements specifically designed to open flow of energy in the back and whole body. Information on the benefits of self massage and acupressure also given.

10 One hour sessions102320 Leland CC Zhang 4/14 W 12:30pm



Tai Chi for Beginners

An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. Bring a mat/blanket for floor work. People interested in observing a class prior to registering are welcome.

registering are merconie.				
8 One hour sessions				\$48
102996 Bauer Drive CC	Bezila	3/29	M	7:00pm
10 One hour sessions				\$60
102997 Potomac CC	Stnaley	3/30	Tu	7:00pm
102998 Kemp Mill Estates PC	Votaw	3/31	W	7:00pm
Continuing Students:				
8 One hour sessions				\$48
103047 Bauer Drive CC	Bezila	3/29	M	8:00pm
10 One hour sessions				\$60
103050 Potomac CC	Bezila	3/30	Tu	8:00pm
103051 Kemp Mill Estates PC	Votaw	3/31	W	8:00pm

Tai Chi - Moving Meditation A gentle health maintenance everging

A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing

mote a balanced and	nearting inc.	vvcai comioi	tabic	ciouning.
10 One hour sessions				\$60
102417 Leland CC	Williams	3/15	M	6:00pm

Continuing: for students who have taken Tai Chi Moving Meditation with Williams. An excellent pre-sleep relaxation technique.

10 One hour sessions				
102418 Leland CC	Williams	3/24	W	6:00pm

Hatha Yoga
Ages 16&Up: Beginning yet physically challenging. Develop

Ages 16&Up: Beginning yet physically challenging. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class. Additional \$7 materials fee due to instructor at class.

8 One hour and thirty minute session	ıs		\$84
103195 Norbeck-Muncaster PC Tyson	3/15	М	7:00pm

10 One hour and thirty minute sessions					\$105
103196	Bauer Drive CC	Tyson	3/16	Tu	10:00am
103197	Upper County CC	Tyson	3/16	Tu	7:00pm
103198	Norbeck-Muncaster PC	Tyson	3/18	Th	7:00pm

Multi Level: For continuing students and beginning students.10 One hour and thirty minute sessions\$105103199 Bauer Drive CCTyson3/13\$a12:30pm

Hatha Yoga and Stress Management

Beginner: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

 11 One hour sessions
 \$88

 103255 Leland CC
 Cooper
 3/26
 F
 10:30am

Intermediate/Advanced: Prerequisite-beginner class with Cooper.

11 One hour and fifteer	n minute sessi	ons		\$110
103256 Leland CC	Cooper	3/26	F	9:15am

Yoga with Strength Training

Improve overall health and well being through a gentle resistance workout using Xertube. Improve balance, muscle and bone mass and stamina. Exercises and yoga postures designed to improve range of motion, flexibility and relaxation with breath awareness to increase oxygen supply, improve circulation and reduce tension. Bring mat.

6 One hour sessions				\$42
102324 Potomac CC	Hobbins	4/19	M	10:00am



Vini Yoga

Mixed levels Ages 16&Up: Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility and learn to release tension. Introduction to meditation.

8 Sessi	ons				\$70	
102650	Leland CC	Martin	3/23	Tu	6:30pm	
102651	Leland CC	Martin	3/24	W	9:30am	
12 One hour and fifteen minute sessions \$						
102648	Potomac CC	Miller	3/18	Th	9:15am	
102649	Potomac CC	Miller	3/18	Th	6:30pm	

Intermediate Ages 16&Up: Previous yoga experience required. More emphasis on sequences, breathing, and meditation.

11 One hour and fiftee	en minute sessi	ons		\$96
102654 Potomac CC	Miller	3/15	M	6:30pm

Vini Easy Going Yoga

For Seniors and All Others: Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation.

8 One hour and fifteen	\$70			
102653 Leland CC	Martin	3/24	W	10:45am
12 One hour and fiftee	\$105			
102652 Potomac CC	Miller	3/18	Th	10:45am

Xciting Xtras

Bridge for Adults

Bridge I Club Series (Bidding)

Ages 18&Up: Fundamentals of contract bridge, including point count, opening bids, responses, re-bids, overcalls, leads, and basic play of the hand. \$15 material fee due to instructor at class. Questions: Call Jack Moss at 301-438-0188 or email ilmoss@erols.com.

8 Two hour sessions \$**68** 102515 Leland CC Moss 3/30 Tu 7:30pm

Introduction to Play of the Hand)

Ages 18&Up: Do you freeze up before you have to play a hand. Learn the best ways to develop the tricks that you need. One of the most fun classes ever. \$15 material fee due to instructor at class. Call Leslie Shafer at 301-593-6828 or email slamhand@verizon.net.

 8 Two hour sessions
 \$68

 102519 Leland CC
 Shafer
 4/21
 W
 7:30pm

Bridge-Polishing Your Basics Part I

Ages 18&Up: Prerequisite: Club and Diamond Series. A bidding and play workshop. Get more play time and less talk for your dollar. Up to seven fixed hands available each week. Booklet with topic mini lessions and hand examples provided. Covers basic bidding and play of the hand techniques to reinforce lessons, as well as leads, Stayman, Blackwood, slam bidding, jump raises, watching entries, opening, responding bids and more. \$15 material fee due to instructor. Questions: Call Jack Moss at 301-438-0188 or email ilmoss@erols.com.

8 Two hour sessions \$68 102513 Leland CC Moss 3/30 Tu 10:00am

Bridge-Polishing Your Basics Part 2 Plus 4 *

Ages 18&Up: Prerequisite-Part 1 or a working knowlege of bridge. The course will help with bidding problems as well as play of the hand. Know what your partner is telling you as well a concentrating on bidding later in the auction. Learn new bidding systems such as transfer bids, weak 2 bids and the strong 2 club bid. Not for beginners. \$15.00 material fee due to instructor at class. Call Jack Moss at 301-438-0188 or email jlmoss@erols.com.

8 Two hour sessions \$**68** 102516 Potomac CC Moss 3/31 W 10:00am

Bridge Common Bidding Dilemmas

Ages 18&Up: Focus on the most common mistakes made in basic bidding. Topics include choices of rebids, when you can bild with a bad hand and when you can't, and the infamous 'reverse.' These are the bids that everyone needs to conquer. This teaching technique is based on student's learning through playing hands. Less talk and more play! Based on



Pat Harrington's series 'Conversations on Bidding'. \$15 material fee due at first class. Questions: Call Leslie Shafer at 301-593-6828 or email slamhand@erols.com.

CCS Team: 240-777-6870

 8 Two hour sessions
 \$68

 102580 Potomac CC
 Shafer
 4/19
 M
 10:00am

Bridge V-Commonly Used Conventions*

Ages 18&Up: Pre-requisite-Club and Diamond Series or a good working knowledge of bridge. If you've taken Spade Series, this is a NEW and totally rewritten textbook. Improve use of competitive bidding. Learn new basic conventions; Jacoby Transfers, Weak 2's, the Strong 2 Club openers, and the Jocoby Two-No Trump responses. Master the art of the majors and minors. Learn the important Stayman Convention for those pesky NTauctions. Audrey Gant Textbook. \$15 material fee due to instructor at class.

8 Two hour sessions102647 Leland CC Friend 4/19 M 1:00pm

Dog Obedience

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dog from program. All pet vaccinations must be current. Prong collars are not permitted.

Puppy Kindergarten

Trainers 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. Questions call: Wortley Ganoe at 301-946-5645.

 8 One hour sessions
 \$51

 102220 MCRD Offices
 Ganoe
 4/24
 Sa
 9:30am

♣

Basic Obedience

Trainers 10&Up/Dogs 5 months&Up: Training lead and collar required. Teach your dog to heel on a loose lead and come when called. Sit, down, stand and stay positions taught. Help with individual behavior problems. \$5 material fee due at Ms. Luecke's classes only. Questions: Call Wortley Ganoe at 301-946-5645 or Beverly Luecke at 301-831-9390.

8 One hour sessions				\$51
102223 Germantown CC	Luecke	4/22	Th	6:30pm
102227 Germantown CC	Luecke	4/22	Th	7:30pm
102224 Bauer Drive CC	Luecke	4/25	Su	10:00am
102225 Bauer Drive CC	Luecke	4/25	Su	11:00am
102226 MCRD Offices	Ganoe	4/24	Sa	10:30am

Intermediate Obedience

Trainers 12&Up/ Dog 6 months&Up: Prerequisite (a basic course). The goal is to have dogs heeling by voice or hand signals. Questions: Call Wortley Ganoe at 301-946-5645.

8 One hour sessions \$51 102228 MCRD Offices Ganoe 4/24 Sa 11:30am

Etiquette

Modeling for Children

Stresses posture, walk, pose, grooming, and improving by doing. Girls only. Instructor Katherine Mizell, originator and director of the Modeling Moppets. Enrollment limited.

8 One hour	sessions						\$4 5
Age 4-6 104198 Norb	eck-Muncaster	PC	Mizell	4/17	9	Sa	9:00am
Age 7-9 104199 Norb	eck-Muncaster	PC	Mizell	4/17	Ç	Sa	10:00am
Age 10-12 104200 Norb	eck-Muncaster	PC	Mizell	4/17	(Sa	11:00am



Creative Arts Classes Spring 2004

Beginning March 22

Classes for Adults, Teens and Children

Germantown Town Center MD 118 & Middlebrook Road

12901 Town Commons Drive Germantown, MD 20874

DANCE

LITERARY ARTS

MUSIC

THEATER ARTS

VISUAL ARTS

Classes in all disciplines for **Homeschoolers** **DANCE**

Ballet Ballroom Tap

Swing Salsa lazz

Hip Hop **Urban Funk**

Creative Movement

MUSIC

Voice **Strings**

Guitar Flute **LITERATURE**

Poetry

Screenwriting

Writing for Teens

THEATER

Acting

Musical Theater

Acting for the Camera

VISUAL ART

Stained Glass Painting Sculpture

Cartooning Drawing Printmaking

Classes for People with SPECIAL NEEDS

in Visual Art, Dance, and

Deaf and Koda

EARLY CHILDHOOD PROGRAMS in Literature, Music, Visual Art, Dance

For more information, call 301-528-2260 or visit us at www.blackrockcenter.org.



To Register for Round House Theatre Classes and Programs:

- Checks must be made payable to Round House Theatre
- By Mail: Please mail to Round House Theatre Class Registrar, 8641 Colesville Road, Silver Spring, MD 20910 2)
- By Fax: 301.585.9696 By Phone: 301.585.1225

ANY REGISTRATIONS SENT TO MONT. COUNTY REC DEPARTMENT WILL NOT BE PROCESSED

<u>Spring Break Classes</u> SPRINGTIME DESTINATIONS GR. 1-5 April 5-9, 2004 9:00 am - 3:00 pm \$150 Round House Theatre Silver Spring Elementary students will visit a different exotic locale every day with a little help from their imaginations. All activities will be arranged around the day's theme. The varied activities in this program will range from physical theatre games to creative crafts, but the focus throughout will always remain on fun and learning. Before Care is available starting at 7:30 am and After Care is available until 6:00 PM. Before Care: \$30/week. After Care: \$60/week.

SPRING IMPROV BREAK GR. 6-8 April 5-9, 2004 9:00 am - 12:00 pm Round House Theatre Bethesda \$75 Just because students are on a break from school, there's no need for them to take a break from fast thinking! This program will focus on improvisation as students work together to create theatre from nothing but their own imaginations. In the process they will gain experience in creative thinking, problem solving, story-building, characterization, and more. This is a great chance for students to develop self-confidence and trust in their own ideas. EZ Care Before Care is available starting at 7:30 am and costs \$30/week.

Summer Programs

ARTS DAY PROGRAM GR. 1-5 Call for information on locations around Montgomery County \$350

9:00 am - 3:00 pm Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

Session 1: June 21-July 2, 2004 Session 2: July 5-July 16, 2004 Session 3: July 19-July 30, 2004 August 2-August 13, 2004 Session 4:

Our signature program. Elementary school students expand their imaginations in exciting and educational activities including music, dance, creative dramatics, and arts and crafts.

SUMMER DESTINATIONS GR. 1-5 Round House Theatre Education (Wayne Avenue btwn. Georgia and Fenton) \$175

Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm 9:00 am - 3:00 pm

One-week sessions begin June 28 and each Monday thereafter. Final session begins August 16 and ends August 20.

Terrific week-long program. Each day students explore a new exciting destination through creative dramatics and arts and crafts. Create a new world every day!

There are more than a dozen rotating theme destinations. Sign up for more than one session!

ACT YOUR AGE GR. 6-8 Concord Hill School, 6050 Wisconsin Avenue, Chevy Chase* \$700

9:00 am - 3:00 pm Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

June 28-July 23, 2004 *To facilitate showcase rehearsals, Act Your Age will meet at Round House Theatre Bethesda from July 19-July 23 Middle School students work with professionals in acting, dance, and music to create a unique showcase review comprised of age-appropriate material.

LET'S SHARE SHAKESPEARE GR. 6-8 Round House Theatre Silver Spring

\$350 Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm 9:00 am - 3:00 pm

Session 1: July 5-July 16, 2004 Session 2: August 2-August 13, 2004

One of our most popular programs. Students learn there's more to Shakespeare than they ever suspected. Students develop their own show filled with scenes, soliloquies, and sonnets. A fun and educational introduction to the greatest playwright in the English language.

YOUTH ON STAGE Round House Theatre Silver Spring \$350 GR 6-8

9:00 am - 3:00 pm Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

Session 1: June 21-July 2, 2004 July 19-July 30, 2004

Middle school students work with professionals to create their own show for young audiences. An exciting introduction to building a show from scratch!

IMPROV BREAK \$175 Round House Theatre Silver Spring

9:00 am - 3:00 pm Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

August 16-August 20, 2004

Using fun, fast-paced improv exercises geared specifically for this age group, students learn to build stories, scenes, and characters in the blink of an eye!

HIGH SCHOOL THEATRE INSTITUTE GR. 9-12 Round House Theatre Bethesda \$175 / \$400 (Musical Theatre)

9:00 am -3:00 pm

Improvisation: July 5-July 9, 2004 Audition Boot Camp: July 12-July 16, 2004

July 19-July 23, 2004 (this session will be held at Concord Hill School, 6050 Wisconsin Avenue, Chevy Chase) Physical Comedy:

Musical Theatre: July 26-August 6, 2004

High school students work with professionals to build essential skills. Choose one, two, or all four of the exciting sessions. One of the nation's most extraordinary performers, Mark Jaster, is scheduled to lead the Physical Comedy session. Other exciting professional guest artists to be announced.

THE ACTOR'S CRAFTI & II ADULTS 18+ Round House Theatre Education (Wayne Avenue between Georgia and Fenton) \$350

Actor's Craft I Mondays and Wednesdays, 7:30 pm - 9:30 pm June 28-July 28, 2004 Tuesdays and Thursdays, 7:30 pm-9:30 pm August 3-September 2, 2004 Actor's Craft II Tuesdays and Thursdays, 7:30 pm-9:30pm June 29-July 29, 2004

Mondays and Wednesdays, 7:30 pm-9:30 pm August 2-September 1, 2004

To Register for Round House Theatre Classes:

Checks must be made payable to Round House Theatre

- By Mail: Please mail to Round House Theatre Class Registrar, 8641 Colesville Road, Silver Spring, MD 20910 2)
- By Fax: 301.585.9696
- 4) By Phone: 301.585.1225

ANY REGISTRATIONS SENT TO MONT. COUNTY REC DEPARTMENT <u>WILL NOT</u> BE PROCESSED



Finance: 240-777-6840/240-777-6857 (FAX)

Internet Registration You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



Facility Locations

ELEMENTARY SCHOOLS (ES)

Bannockburn ES-6520 Dalroy Ln, Bethesda Barnsley ES-14516 Nadine Dr, Rockville Bells Mill ES-8225 Bells Mill Rd, Potomac Bethesda ES-7600 Arlington Rd, Bethesda Beverly Farms ES-8501 Post Oak Rd, Rockville

Brooke Grove ES-2700 Spartan Rd, Olney Cashell ES-17101 Cashell Rd, Rockville Clarksburg ES-13530 Redgrave Pl, Clarksburg

Cloverly ES-800 Briggs Chaney Rd, Silver Spring

Dennis Ave ES-2000 Dennis Ave, Wheaton DuFief ES-15001 DuFief Dr, Gaithersburg Fairland ES-14315 Fairdale Rd, Sllver Spring Farmland ES-7000 Old Gate Rd, Rockville Garrett Park ES-4810 Oxford Street Park Georgian Forest ES-3100 Regina Dr, Silver Spring

Germantown ES-19110 Liberty Mill Rd, Germantown

Glenallan ES-12520 Heurich Rd, Silver Spring

Goshen ES-8701 Warfield Rd, Gaithersburg Jones Lane ES-15110 Jones Ln, Darnestown Kemp Mill ES-411 Sisson St, Silver Spring Longview ES-13900 Bromfield Rd, Germantown

Luxmanor ES-6201 Tilden Ln, Rockville Matsunaga ES-13902 Bromfield Rd, Germantown

Oakland Terrace ES-2720 Plyers Mill Rd, Silver Spring

Olney ES-3401 Queen Mary Dr, Olney Poolesville ES-19565 Fisher Ave, Poolesville Potomac ES-10311 River Rd, Potomac Resnik ES-7301 Hadley Farms Dr, Gaithersburg

Sally Ride ES-21301 Seneca Crossing Dr, Germantown

Rock View ES-3901 Denfeld Ave, Kensington

Rolling Terrace ES-705 Bayfield St, Takoma Park

Rosemary Hills ES-2111 Porter Rd, Silver Spring

Sequoyah ES-17301 Bowie Mill Rd, Derwood

Sherwood ES-1401 Olney-Sandy Spring Rd, Sandy Spring

Stedwick ES-10631 Stedwick Rd, Gaithersburg

Waters Landing ES-13100 Waters Landing Dr, Germantown

Wayside ES-10011 Glen Rd, Potomac Weller Road ES-3301 Weller Rd, Silver Spring

Wood Acres ES-5800 Cromwell Dr, Bethesda

Woodfield ES-24200 Woodfield Rd, Gaithersburg

SECONDARY SCHOOLS (MS or HS)

Baker MS-25400 Oak Dr, Damascus Montgomery Blair HS-51 University Blvd, Silver Spring

Briggs Chaney MS-1901 Rainbow Dr, Silver Spring

Cabin John MS-10701 Gainsborough Rd, Rockville

Forest Oak MS-651 Saybrook Oaks Blvd, Gaithersburg

Robert Frost MS-9201 Scott Dr, Rockville Hoover MS-8810 Post Oak Rd, Gaithersburg Walter Johnson HS-6400 Rock Spring Dr, Bethesda

Magruder HS-5939 Muncaster Mill Rd, Rockville

Neelsville MS-11700 Neelsville Church Rd, Germantown

Northwest HS-13501 Richter Farm Rd, Germantown

Rosa Parks MS-19200 Olney Mill Rd, Olney Parkland MS-4610 West Frankfort Dr, Rockville

Poolesville HS-17501 Willard Rd, Poolesville

Quince Orchard HS-15800 Quince Orchard Blvd, Gaithersburg

Shady Grove-8100 Midcounty Hwy, Gaithersburg

Sligo MS-1401 Dennis Ave, Silver Spring Springbrook HS-201 Valley Dr, Silver Spring Takoma Park MS-7611 Piney Branch Rd, Silver Spring

Tilden MS-11211 Old Georgetown Rd, Bethesda

Watkins Mill HS-10301 Apple Ridge Rd, Gaithersburg

Westland MS-5511 Massachusetts Ave, Bethesda

Whitman HS-7100 Whittier Blvd, Bethesda

PARK SITES (PC, RP, or NP)

Argyle PC-1010 Forest Glen Rd, Silver Spring Capitol View/Homewood PC-2929 Edgewood Rd, Kensington

Clarksburg PC-22501 Wims Rd, Clarksburg Glenmont PC-3201 Randolph Rd, Wheaton Kemp Mill PC-120 Claybrook Dr, Silver Spring

Leland NP-4301 Willow Ln, Chevy Chase Maplewood/Alta Vista PC-5209 Alta Vista Rd, Bethesda

Norbeck-Muncaster Mill PC-4101 Muncaster Mill Rd, Rockville

N Chevy Chase PC-4105 Jones Bridge Rd, Chevy Chase

N Four Corners* PC-211 Southwood Ave, Silver Spring

Northwood Ctr-919 University Blvd, Wheaton

Olney Manor RP-16601 Georgia Ave, Olney Pilgrim Hills PC-1615 East Randolph Rd, Silver Spring Quince Orchard PC-12015 Suffolk Tr, Gaithersburg

Randolph Hills PC-11805 Ashley Dr, Rockville

Ridge Road Park-21155 Frederick Rd, Germantown

Seneca PC-14500 Clopper Rd, Boyds Sligo Ave PC-500 Sligo Ave, Silver Spring Sligo/Dennis PC-10300 Sligo Creek Pkwy, Silver Spring

Spencerville PC-15701 Good Hope Rd, Silver Spring

Tilden Woods PC-*6800 Tilden Ln, Rockville

Veirs Mill PC-4425 Garrett Park Rd, Wheaton

* difficult access for individuals with disabilities

AQUATIC CENTERS See page 6.
COMMUNITY CENTERS (CC) See page 39.
SENIOR CENTERS (SrC) See page 4.

LIBRARIES (Lib)

Aspen Hill-4407 Aspen Hill Rd, Rockville Damascus-9701 Main St, Damascus Davis-6400 Democracy Blvd, Bethesda Gaithersburg-18330 Montgomery Village Ave, Gaithersburg

Quince Orchard-15831 Quince Orchard Rd, Gaithersburg

Wheaton-11701 Georgia Ave, Wheaton White Oak-11701 New Hampshire Ave, Silver Spring

GOLF FACILITIES

Northwest-15711 Layhill Rd, Silver Spring Waters Landing-20701 Crystal Rock Dr, Germantown

OTHER FACILITIES

Children's Learning Center-4511 Bestor Dr, Rockville

Gymnastics of America-602A E. Diamond Ave, Gaithersburg

Hollywood Ballroom-2126 Industrial Parkway, Silver Spring

Inwood House-10921 Inwood Ave, Silver Spring

Stephen Knolls School-10731 St. Margaret's Way, Kensington

Kritt Studios-14817 Brownstone Dr, Burtonsville

MCRD Office-4010 Randolph Road, Silver Spring

Northwood Ctr-919 University Blvd, Silver Spring

River Falls Com Ctr-7915 Horseshoe Ln, Potomac

Rock Terrace School-390 Martins Ln, Rockville

Tilden Center-6300 Tilden Ln, Rockville Washington Sailing Marina-GW Pkwy between Nat'l Airport & Alexandria, VA



We want to hear from you...

Please let us know about your experience at our programs.	EQUIPMENT:
Program:	Was the equipment appropriate for this program?
Location:	☐ Yes ☐ No
Instructor:	Was there an adequate amount of equipment?
Day: Time:	☐ Yes ☐ No
Season: Participant Age:	Was the materials fee reasonable?
PROGRAM:	☐ Yes ☐ No Why not?
Did the participant enjoy the program?	IDEAS:
☐ Yes ☐ No Why not?	What other types of programs would you like to see:
Was the location convenient?	
☐ Yes ☐ No Why not?	
Was the length of the program adequate?	PUBLICITY:
☐ Yes ☐ No Why not?	How did you find out about the program?
Was the program offered at a convenient time?	☐ Flyer ☐ Web site
☐ Yes ☐ No Why not?	☐ Friend ☐ Rec Guide
Was the cost reasonable?	☐ Previous participation
☐ Yes ☐ No Why not?	Other
Please share your suggestions for improving this program:	Have You Been To Our Website? ☐ Yes ☐ No
	What is the best way to inform you of upcoming program and events?
INSTRUCTOR:	☐ Guide mailed to my home
Was the instructor effective? ☐ Yes ☐ No	☐ Guide available locally
Was the instructor organized? ☐ Yes ☐ No	☐ Guide delivered through schools
Was the instructor on time?	☐ Internet/Email
Would you attend another program by this instructor?	REGISTRATION METHOD:
☐ Yes ☐ No	☐ Mail ☐ Rec Web
	☐ Walk-In ☐ Starline
Additional Comments:	Other
FACILITY:	OVERALL:
Was the center staff pleasant and helpful?	Comments:
Yes No	
Was the facility clean? ☐ Yes ☐ No	CONTACT:
	If you would like a response to your comments, please
Was the outside lighting adequate?	include your name, phone number, and/or email address.
☐ Yes ☐ No	Name
Additional Comments:	Daytime Phone
	Email Address:
Please mail to: Affiliated Services/MCRD, Attn: Survey, 4010	Randolph Road, Silver Spring, MD 20902-1099

Fax to: 240-777-6913

We Rent for Your Event
Celebrate that special occasion in one of our Community Recreation Centers

Rent our facilities and join your friends and family for:

- Birthday Parties
 - After Prom Dances
 - Wedding Receptions
 - Anniversaries
 - Bar/Bat Mitzvahs
 - Retirement Parties
 - Cultural Celebrations
 - Meetings



Transform a room with mirrors into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.

Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

Contact one of our Community Centers listed on page 43

Check out a center from home:



Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase

301-983-4467

Bethesda, Chevy Chase, Potomac

11315 Falls Road, Potomac

East County

240-777-4980

Briggs Chaney, Burtonsville, Fairland, NE Silver Spring

14906 Old Columbia Pike, Burtonsville

Mid-County 240-777-4930

Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville

4010 Randolph Road, Silver Spring

Silver Spring 240-777-4900

Silver Spring, Takoma Park

2450 Lyttonsville Road, Silver Spring

Upcounty 240-777-6940

Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah

12900 Middlebrook Road, Germantown



Kids play a fun game of air hockey in the Potomac Community Center game room.

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

Clara Barton Community Center 301-229-0010 7425 MacArthur Boulevard, Cabin John

Bauer Drive Community Center 301-468-4015 14625 Bauer Drive, Rockville

Ross J. Boddy Community Center 301-570-1204 18529 Brooke Road, Sandy Spring

Gwendolyn E. Coffield Community

Center 240-777-4900

2450 Lyttonsville Road, Silver Spring

Damascus Community Center (planned) 25520 Oak Drive, Damascas

East County Community Center 301-572-7004 3310 Gateshead Manor Way, Silver Spring

Fairland Community Recreation Center 240-777-4970 14906 Old Columbia Pike, Burtonsville

Germantown Community Center 301-601-1680 18905 Kingsview Road, Germantown

Charles W. Gilchrist Center for

Cultural Diversity 240-777-4940

11319 Elkin Street, Wheaton

Good Hope Community Center 301-989-1210 14715 Good Hope Road, Silver Spring

Leland Community Center4301 Willow Lane, Chevy Chase

Long Branch Community Center 301-431-5702 8700 Piney Branch Road, Silver Spring

Longwood Community Center 301-570-1200 19300 Georgia Avenue, Brookeville

Plum Gar Community Center 301-601-0966 19561 Scenery Drive, Germantown

Potomac Community Center 301-983-4471 11315 Falls Road, Potomac

Scotland Community Center 301-983-4455 7700 Scotland Drive, Potomac

Upper County Community Center 301-840-2469 8201 Emory Grove Road, Gaithersburg

Wheaton Community Center 301-929-5500 11711 Georgia Avenue, Wheaton

Aquatic Centers: See page 6

Senior Centers: See page 4

REGISTRATION INFORMATION

Five Ways to Register



RecWeb Online registration at http://recweb.montgomerycountymd.gov. Internet users must pay their account in full. If you need additional information, call 240-777-6840.



startine members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 39. STARline users must pay their account in full. STARline registration number is 240-777-8277.



Fax 240-777-6857

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off:

Montgomery County Recreation Department Attention: Registrar 4010 Randolph Road Silver Spring, MD 20902-1099



Full Service in person:

Montgomery County Recreation Department Administrative Office 4010 Randolph Road Silver Spring, MD 20902-1099

Registration is also available at all Regional Service Centers (see listing on page 43).

Registration Confirmation

Confirmations will be mailed as registrations are processed. If you do not receive your confirmation, call 240-777-6840. A waiting list notification will be sent to you if you do not get placed.

Payment Information

- 1 Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- 2 Non-county residents must pay an additional \$10.00 per participant per activity.
- 3 Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.

VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

4 Financial assistance is available to county residents who qualify based on annual income and number of dependents. Verifiable proof of income (Federal Income Tax Form 1040EZ, 1040A, 1040, or Social Security Income Statement) must be provided. Financial assistance information and application form may be picked up at any recreation office, community center, or swim center, or call 240-777-6840; or through the internet: montgomerycountymd.gov/rec.

Finance: 240-777-6840

- 5 Payment plans are offered to county residents who do not qualify for financial assistance. All payment plans must be paid in full at least one week before the start of the activity.
- 6 The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal Policy

This withdrawal policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement. You may elect to receive a credit on your Recreation account for future programs or a refund which may be subject to a withdrawal fee equal to 20% of the program cost.

- If your written withdrawal request is received more than seven days before the start date of the program, you will receive a full credit to your Recreation account. A refund of your credit is subject to a fee equal to 20% of the program cost.
- If your written withdrawal request is received seven days or less before the start date of the program, you will be charged a withdrawal fee equal to 20% of the program cost for a credit or a refund.
- 3. If your written request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received in addition to the 20% withdrawal fee. No credit is given for previous program days missed. No withdrawal requests will be considered after the last scheduled date of the program.
- 4. If the Department cancels a program, changes a location or time and you can not attend, or the program is full, you will receive a full credit or refund.
- 5. You may process your own withdrawal online more than seven days before the start date of the program (no withdrawal fees). This is available at recweb.montgomerycountymd.gov.

Mail your written withdrawal request to Montgomery County Recreation Department, Attention: Refund Request, 4010 Randolph Road, Silver Spring, MD 20902; or fax to 240-777-6857; or email to rec.refund@montgomerycountymd.gov. This request must include the participant's name, payer's name, address, phone number, course number, reason for withdrawal, and specify credit or refund.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.



REFERENCE REGISTRATION FORM

□ Cneck nere if new address/phone/email. Please print. I his form may be dupilicated. PAYER'S: Last Name First Name	one/emall.	<u>ا وه</u>	se print.	s rorm may be First Name	ay be di ame		Email				
Address					City			State	Zip		
Home Phone (Work Phone (hone (Cell Phone (
PARTICIPANT'S: Address (if under 18 years)						City		State		Zip	
	<u>—</u>					Email					
Home Phone (<u> </u>			M	Work Phone (Cell Phone (
Father's Name	Ф					Email					
Home Phone (()			M	Work Phone (ne () ———		Cell Phone (
Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending		Grade	Grade Activity Name	Course Number	Location	Start Date	Start Time	Fees*
*If you are a non-resident, include an additional \$10.00 per	e an additi	onal §	\$10.00 per pa	articipant	in the f	participant in the fee for each activity.					
\Box Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902.	le to MCRI), Attr	n: Registrar,	4010 Raı	Idolph	Road, Silver Spring,	MD 20902		Total Amount Due:	e:	
☐ Master Card ☐ Visa (Card No.					Expirat	Expiration Date				
CARDHOLDER:	Name (print)	£				Signature	ıre			Date	
If paying by credit card, you may fax your registration form	fax your re	gistr	ation form to	to 240-777-6857.	-6857.	If you need help	completing	If you need help completing this form, please call 240-777-6840.	call 240-777	7-6840.	
The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature	ted with parti	sipation	n in the progran	r; the Coun	ty assume	es no liability for injury or	damages arisi	ng from participation ir	the program.	Due to the s	trenuous nature



240-777-8277 lust dial it for a fast and convenient way to register.

Our Simple Touchtone Automated Registration system allows you to register for classes/programs via a touchtone telephone 24 hours a day, 7 davs a week.

Registering with STARline is convenient and fast with easy step-by-step instructions. See page 39.



Montgomery County Recreation Department recycles paper, bottles, and cans in our programs.



Internet Registration You're only a few clicks away!

Smart...fast and efficient service, right at your fingertips!

User Friendly...login, register, make your payment and receive your class confirmation.

Reliable...accessible from any computer 24 hours a day, 7 days a week.

Financial Security...our site is registered with Digital Signature Trust to ensure confidentiality of credit card transactions.

See page 39 for details.



May 16, 2004

1:00 pm-5:00 pm

Bauer Drive Community Center 14625 Bauer Drive, Rockville, MD 20853

A recreation festival to celebrate the children of our community!

• Lots for Tots, a play area for the younger children

Hearts N' Parks physical fitness area for children 5-10 years

Rainbow Village, an area for children 5-10 years

Celebration Station, a family resource and recreation area.

Safety Village, Moon Bounce, Giant Slide

Entertainment such as puppet shows, singing, dancing and much more!

Call 240-777-6826 or email heartsnparks@montgomerycountymd.gov

